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Agawam

Advertiser News

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Volume XXVI Number 26

"Your Hometown Newspaper"

June 26, 2003



MAYOR RICHARD A. COHEN

Cohen to seek third term

Before a gathering of family and friends at The Oaks' banquet facility, Mayor Richard A. Cohen announced his candidacy for a third consecutive two-year term. In a prepared statement, Cohen said, "I am announcing my re-election to the Office of Mayor in the "greatest" city of all - AGAWAM!!!

"In 1999, I campaigned on the platform of 'not politics as usual,' and I am proud to say that my administration has kept that promise alive. In 2003, three-and-a-half years AFTER being elected as your Mayor, I can honestly say that I have found nothing in my life that has been more rewarding than to serve all the citizens of Agawam.

"Passion, pride, and principles are three words that I feel describe my time as your Mayor," Cohen said. "A *passion* and commitment to the position to which I was elected, the *pride* I feel for the positive accomplishments of our town and its residents, and *the principles* I hold strongly to work for everyone in this great town we all share as our home.

"Through my leadership, the schools have

SEE MAYOR COHEN - Page 2

Let's "Keep Education Rolling" in Agawam...



FRANK PALANGE (center), owner of V & F Auto Service on Springfield Street in Agawam, made a donation for \$249.82 to the Agawam School Department recently as part of its "Keep Education Rolling" Program. V & F Auto donates two percent of its auto repair sales to the fund whenever a customer mentions the "Keep Education Rolling" fund. To date, V&F has raised approximately \$1,800 through this program. Accepting the donation are Assistant Superintendent of Schools John Kane and Superintendent of Schools Dr. Mary Czajkowski.

Advertiser News photo by Kathy Shepard.

Agawam Small Business Assistance Center celebrates first year

Since opening its doors in January of 2002, over 100 small businesses and entrepreneurs have taken advantage of the free services provided by the Agawam Small Business Assistance Center. On June 18, 2003, the Center celebrated its success with many of those who have made the Center a reality.

During the anniversary celebration, Mayor Richard Cohen acknowledged the financial contributions from the Agawam Chamber of Commerce, Woronoco Savings Charitable Foundation, United Cooperative Bank, and Western Massachusetts Electric Company

(WMECO). He also announced that Woronoco Savings Charitable Foundation, United Cooperative Bank, and WMECO have committed to providing funding for an additional year.

Also recognized for their dedicated service to the Center were the 13 volunteers who man the office under the supervision of Agawam resident Pat Roberts. The volunteers are Fran Alibozek, Barbara Romansky, Larry Pisano, Marylyn Taylor, Sharon

SEE SMALL BUSINESS CTR. - Page 5

Agawam's 2003 SummerFest



Presented by the Agawam Cultural Council and Agawam Rotary Club
All Free! Veteran's Green-699 Main St. All music rain or shine and starting at 7:00PM.

For info go to:
www.agawamcc.org

Thursday July 3rd
Blue Illusion plus Bennie and the Jets
Official start of summer! Up and coming rockers plus the top Elton John tribute band!
Sponsored by the Agawam Chamber of Commerce

Wednesday July 9th
The Quintessential Brass Quintet
Traditional Music from Boston
Sponsored by Berkshire Power

Wednesday July 16th
Luther Wright and the Wrongs
Top festival act playing irreverent bluegrass.
Sponsored by Cecco I the design office of David Cecchi

Saturday July 19th
Changes in Latitudes plus Spiderman
The island music of Jimmy Buffet plus last summer's movie blockbuster. Sponsored by EB's Restaurant and Atty Gina Letellier

Wednesday July 23rd
Rosie Ledet and the Zydeco Playboys
One of the top performers in Zydeco! All the way from New Orleans, major national festival act. Sponsored by Hampden Bank

Wednesday July 30th
The Little Big Band 15 piece traditional big band Sponsored by the Agawam Lions Club

Sunday August 3rd
The Young Ambassadors Brass Band of Great Britain (6:30 start time) 28 piece traditional military style band from Great Britain Sponsored by Berkshire Power

Wednesday August 6th
The Sounds of Music Singers
Agawam's own playing standards of the past forty years. An area favorite Sponsored by United Industrial Service

Wednesday August 13th
Enter the Haggis / Zoe Darrow
Canadian kilt wearing Celtic rock band plus Blandford's 14 yr old fiddle prodigy. Sponsored by Litron Inc.

Saturday August 16th
Kid's Penny Carnival plus family movie Llamas, karaoke, face painting plus more
Sponsored by Woronoco Bank and the Rotary Club

Wednesday August 20th
Fred Eaglesmith and the Flying Squirrels plus The Lonesome Brothers. Alt-country superstar plus local legends. Sponsored by Canary Blomstrom Insurance and Indian Motorcycle

Wednesday August 27th
Souled Out Motown Review
Singing, dancing Motown review, official end of summer show. Sponsored by Westfield Bank

MAYOR COHEN - from Page 1

remained a top priority and have received an increase of approximately 22 percent over the last four years, our High School has received full accreditation with the High School Library/Media Center Expansion Project, the new Public Library expansion will bring us well into our future, weekly trash pick-up, two ambulances now servicing our town, a new state of the art aerial platform ladder truck, public safety needs being met with an enhanced Police Tactical Team, and the creation of a very successful Local Emergency Planning Committee.

"After 30 years at a 'temporary' DPW facility, my administration has acquired the 66,000 square-foot Spartan Saw building on Suffield Street for our new facility. Our Park and Recreation Department continues to grow by leaps and bounds for not only the children of Agawam, but also increased activities for residents of all ages.

"And, of course," Cohen pointed out, "Agawam, under my administration, has been able to maintain the lowest tax rate in the surrounding communities while providing full service to our residents. The Agawam Small Business Assistance Center started one year ago has proven to be more beneficial than we could have bargained for with the help of so many. Projects that will continue to be top priorities include the Senior Center Expansion Project, which began with the purchase of the land at 954 Main Street, the Feeding Hills Sewer Project, which my administration

has been actively working on since the spring of 2000 following all the necessary steps to qualify for any state and federal funding, and the development of the former county land for a state of the art recreational park to service the community.

"Over the next two years," Cohen continued, "it is imperative that we continue to have continuity. It is crucial that we continue to work together as a community to remain strong and overcome any challenges.

"I am proud that by working together as a team, I have been able to present the community with four balanced budgets. The budget and the fiscal crisis of our state and national economy remain a priority for the continued well-being of Agawam.

"Despite these federal and state cuts, as a city, we are still moving forward with all our projects and with minimal impact on our schools, public safety, and customer service to our citizens, and we remain strong!

"I permanently opened the door to the Mayor's Office and implemented a policy that anyone with any issue has a right and the opportunity to be heard and helped to the best of my ability. While it is difficult to help everyone, I will continue to try. I will also continue to maintain an open door policy.

"This and much more is why I am asking for your support for another term. I remain committed to the passion, pride, and principles that I have brought to the Office of Mayor in Agawam and thank you all for your continued support," concluded Cohen.

* * * * *

Want to keep up on all the latest news in Agawam and Feeding Hills? Then be sure to subscribe to The Agawam Advertiser News! A one-year subscription costs only \$26, so mail your check today to "The Advertiser News," P.O. Box 263, Feeding Hills, MA 01030.

Ag. School Committee phone numbers

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RSand8006@aol.com

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Letters To The Editor

Keenan family thanks all who helped at accident

To the Editor:

The Keenan family would like to extend a big "Thank You" to all who assisted at the scene of our traffic collision, Thursday night, June 19, 2003.

From the passers-by to the emergency services (police, EMT and fire) personnel who appeared almost instantaneously, we felt that we were in good hands. We would especially like to thank Officer Kunasek (APD), Bob (EMT), Dawn, and Matthew for their help and consideration that night.

Hopefully, we will never need to experience a situation such as that again, but it is great to know that there are such great folks looking over the Town of Agawam and its citizens.

Sincerely,
Rob and Kathy Keenan
Agawam

The town needs more businesses like V&F Auto

To the Editor:

I read about the problem with V&F Auto applying for a used car license and that they were told they would be put on a waiting list. Fine, but an existing business was for sale just up the street from V&F, so Mr. Palange asked the "powers to be" if they could purchase and move the business down the street from the present location.

Mr. Palange was told that it would be okay, so he went ahead, purchased additional property, built a building, graded and paved the property. When the license was granted to him, they purchased the business and then were told by the building department that they couldn't have the license.

Mr. Palange was then told he had to build another building up the street and then transfer the license to himself before he could move it to a different location.

Isn't there any communication between departments? Why can't elected and appointed department heads get together and solve business problems before they get out of hand and end up in the courts at a cost to the taxpayers and the business sector?

We need good, clean businesses in Agawam like V&F Auto to help with our taxes and provide needed service to our community.

Rita Moore
Agawam

Town needs to resolve V&F license issue immediately

To the Editor:

I have never written a letter in *The Agawam Advertiser* before, but I cannot believe what is happening to a good business in town.

I do not understand the problem with granting a license to Frank Palange of V&F Auto. He has jumped through all the hoops needed to obtain the license. I watched, in confusion and with dismay, the council meeting that finally approved the license. There was a great deal of debate and discussion during the meeting and I thought the decision was fair and just.

Recently, I read in the paper that it is all up in the air again. Why? Because now they are required to build a garage. Not only is building a garage a lot to ask, but they are being asked to build it on leased property! I understood that the license would be transferred to his existing property, which has a large garage already!

It makes absolutely no sense to build a garage where it will never be used ... does it? It appeared that no one knew about this before and, all of a sudden, it

is an issue. I have to wonder how much these people are willing to endure to do business in this town.

Do people want to look at another empty building on Springfield Street? Is Agawam willing to face another lawsuit? This company maintains a very well-kept appearance and supports the schools in town. Why is it that good, law-abiding citizens have so much difficulty doing business here? I have been a licensed family childcare provider in town for several years, and recently facilitated a meeting where family childcare providers were facing issues that were all of a sudden brought up by the town. Does Agawam really want to be known as the unfriendliest place to do business in?

This needs to be resolved immediately; it has been going on way too long. Give them the license. It is a win-win for Agawam. Where is the Mayor in all this?

Respectfully,
Fay A. Borgatti
Feeding Hills

Crossing guards deserve thanks for superb job

To the Editor:

I wanted to extend my heartfelt thanks to the crossing guards of the town, especially Lynne, who works at the corner of Springfield and Walnut Streets for the Middle School, and the corner of Maple and Bridge Streets for Robinson Park School; and Rita, who works at the corner of Main and Suffield Street for the Middle School, and O'Brien's Corner (CVS) and Begley Street for Robinson Park School.

These two women work when it rains, snows, or when it's hot enough to fry an egg on the sidewalk, with never a complaint. They know the children's names and frequently the parents. I have known Lynne and Rita for six years and they are my eyes and ears for my sons, when I am not available.

Thank you again, Lynne and Rita, and to the entire crossing guards who keep our children safe.

The LaCamera Family
Peter, Kimberly, Joshua, and Tyler
Agawam

Eagle Scout appreciates community support

To the Editor:

I would like to sincerely thank Malone's Garden Center and Fini's Plant Farm, both from Agawam, for donating supplies for my Boy Scout Eagle Project that was performed in mid-May.

For my project, I re-landscaped the gazebo and the sign at the Veterans' Green in front of Phelps School. Fini's donated numerous vibrant flowers, with which the gazebo and sign were decorated, and Malone's donated literally tons of mulch that we spread about the gazebo and the sign. Without their generosity, I know that I would have had much difficulty with the project.

I would also like to thank a few other people. I would like to thank Mr. Ed Kellogg, head of the Veterans' Committee. Without his help and support, I

doubt things could have gone as smoothly as they did. I also owe Mayor Cohen much credit, because he was the one who helped me find the opportunity to do this project, and also helped me establish my first few contacts. Along with them, I would like to thank the rest of Troop 75 and everyone else who showed up to help with the job. Your help was greatly appreciated.

I thank you all very much for helping me with this project and helping me to achieve something that I've strived for over nine years for. I owe you my deepest gratitude.

Thank you again,
Brian Athas
Sacred Heart Boy Scout Troop 75
Feeding Hills

AHS boys' lacrosse thanks community for support

To the Editor:

We would like to take this opportunity to thank all those who supported the Agawam High School boys' lacrosse team. It was a great season culminating in the winning of the Valley League title.

The proceeds of our fundraising benefitted the High School lacrosse program. The Booster Club was able to purchase new uniforms and new goals.

Special thanks to Ric Sardella and *The Agawam Advertiser*, who provided support through the paper.

Special thanks to the following businesses, who sponsored our discount card by offering discounts: Agawam McDonald's, Agawam Cinemas, Movie Mart, Bradley Auto Wash, Shear Elegance, Agawam Blimpie's Subs and Salads, Agawam Subway, Tolly's Pizza, Agawam Cost Cutters, Fitness First, and Ski-In.

AHS Boys Lacrosse Booster
Club and Players

Agawam business community supports Small Business Ctr.

To the Editor:

On June 18th, the Agawam Small Business Assistance Center held its first-year Anniversary Celebration at its offices in the Community Shops in Feeding Hills.

This event was made possible through the generous contributions of a number of local businesses. We would like to recognize all of those who made the celebration possible:

Lone Coyote Real Estate, United Cooperative Bank, Western Massachusetts Electric Company, Woronoco Savings Bank, the Agawam Chamber of Commerce, M.C.L. Mechanical, H.P. Hood, Blimpies, the Valley Business Outlook, the Agawam Department of Public Works, the Agawam Building Maintenance Department, Noble Baskets, and Six Flags New England.

We would also like to thank the following Agawam Small Business Assistance Center's clients who participated in the anniversary celebration: Link to the

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The Agawam Advertiser News

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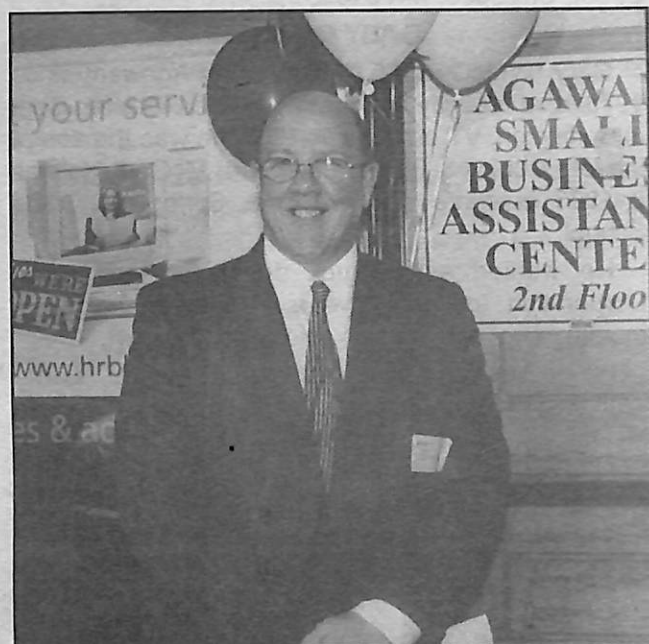
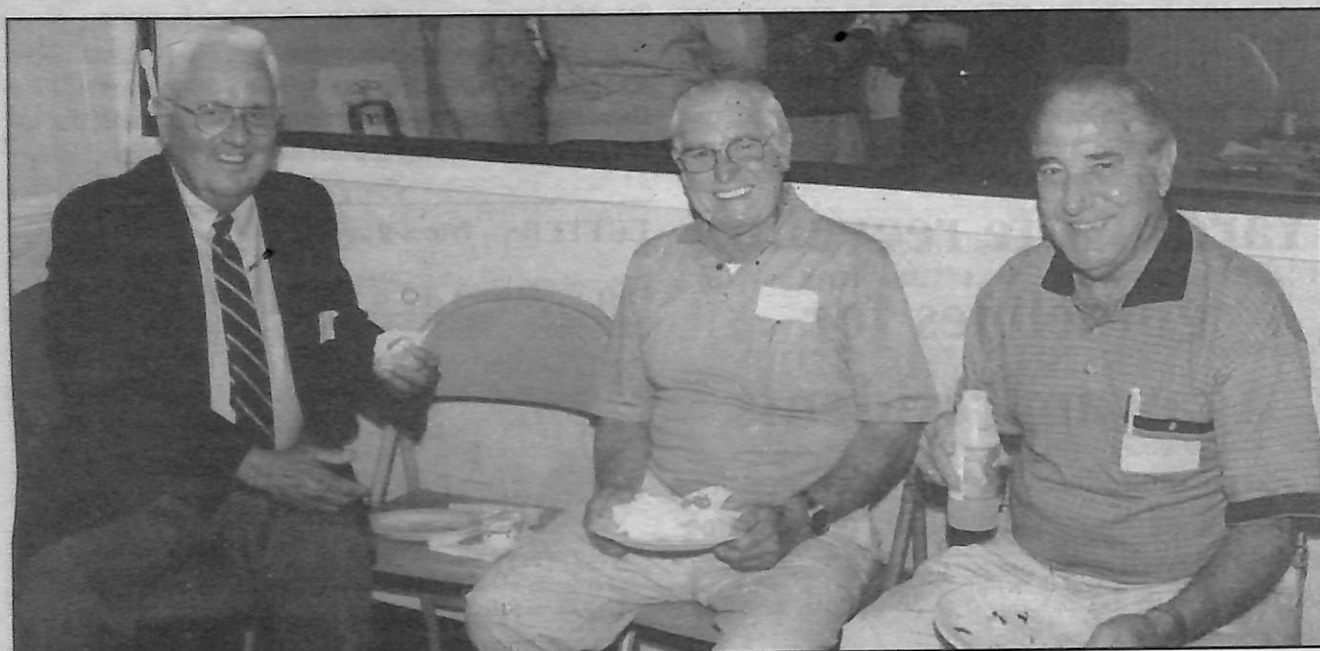
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A "BUSINESS CARD RAFFLE" was just one of the events held during the one-year anniversary celebration for the Agawam Small Business Assistance Center. Left photo: (from left): Gary Shannon, Director of Planning and Community Development Deborah Dachos, Mayor Richard Cohen, and Richard Bellico (who is about to pick the raffle winner). In right photo: Cynthia Ayre (left) of Ayre Real Estate and Donna Safford-Fleury enjoyed speaking with the attendees at the Center's one-year anniversary celebration. Ayre is the chairperson of the Agawam Small Business Assistance Center. Advertiser News photos by Kathy Shepard.



VOLUNTEERS BILL BENNETT, HOWARD SMITH, AND LARRY PISANO (left photo) enjoy sandwiches provided by Blimpie's during the Agawam Small Business Assistance Center's one-year anniversary celebration. In right photo: Agawam Town Councilor Anthony Bonavita was one of the many business people and town officials to attend the festivities, which took place at the Center (1325 Springfield Street, Feeding Hills) on Thursday, June 18th. Advertiser News photos by Kathy Shepard.

SMALL BUSINESS CTR. - from Page 1

Barker, Bill Bennett, Rose Pepper, Millie LaPorte, Peggy Cormier, Howard Smith, Jim Jenks, and Junette King. S.C.O.R.E. counselor and Agawam resident Gerry Cormier received a special award for his dedicated service to the Center.

Also on hand were 11 businesses who have received counseling at the Center. These businesses were Link to the Past, Thoughts in a Basket, Hampden County Chiropractic, Reel Bait and Tackle, Eye Care & Ear Wear Center, Shear Xtreme, E&R PC Repair Services, Kab for Kids, Achievement Pathfinders, The Sylvan Lane Shoppe, and Susan

Pease.

"I felt the time was right to open my own business and to start gathering information about how to begin. I had many of my own ideas, but wished to form them into a step-by-step process to make my dream come true. I wasn't able to find the answers to many questions from any one book or resource until I spoke with Gerry Cormier at the Center," said Barbara Paulo, owner of Shear Xtreme.

This sentiment was echoed by Deb Martino, the owner of The Sylvan Lane Shoppe, who said that she found everyone to be very helpful. "I recommend anyone in business for themselves to check out the resources available at the Center!"

Mayor Richard A. Cohen stated, "The Agawam Small Business Assistance Center was a dream a year ago! Today, it is a very successful reality. The Center, like new small businesses, must start with a dream and then work to make that dream come true. The ASBAC is the result of hard work and a sharing of ideas. Thank you to all involved."

The Agawam Small Business Assistance Center is opened for limited hours during the summer, but can be reached at 786-0172.

Interested individuals can also call the Agawam Office of Planning and Community Development at 786-0400, ext. 283.

Want to keep up on all the latest news in Agawam and Feeding Hills? Then be sure to subscribe to The Agawam Advertiser News! A one-year subscription costs only \$26, so mail your check today to "The Advertiser News," P.O. Box 263, Feeding Hills, MA 01030.

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- Obituaries -

EDWARD GAZDOWICZ

Edward Gazdowicz, 64, of Southwick, died recently at Baystate Medical Center. Born on September 19, 1938 in Malinuwka, Poland, he had lived in Southwick for the past 15 years, and previously in Enfield, Connecticut for 20 years. He was the son of the late Stanislaw & Karolina (Szymanski) Gazdowicz.

He was the co-owner of the J K Tool Company, Inc. of Agawam. He was a communicant and choir member of the Basilica of St. Stanislaus, Bishop and Martyr.

He is survived by his beloved wife of 38 years, Halina (Kowal) Gazdowicz; two sisters, Jean T. Kowal of Southwick and Janina Szmyd of Poland; three brothers, Czeslaw Gazdowicz, Alfred Gazdowicz, and Josef Gazdowicz, all of Poland; and 26 nieces and nephews.

The funeral was held at the Kozikowski Funeral Home and St. Stanislaus Basilica, with burial in St. Stanislaus Cemetery (all in Chicopee).

Memorial contributions may be made to the St. Stanislaus School Endowment Fund, 534 Front Street, Chicopee, MA 01013.

GARY C. MCGEE

Gary C. McGee, 55, a resident of Agawam since 1978, died recently at Baystate Medical Center. Born in Burlington, VT on June 7, 1948, he was the son of the late Curtiss & Barbara (Tebeau) McGee. He was a 1966 graduate of the former Springfield Trade School.

He worked as a truck driver for the Exxon Corporation for many years. He loved camping, motorcycling, and was an avid car enthusiast.

He leaves his soul mate of 27 years, Lorrie Whitaker of West Springfield; his siblings, Stephen McGee of West Springfield, Patricia A. Mari of Springfield, Diane L. Stevens of Leonardsville, NY, and Joan A. Lindblad of West Springfield; several nieces and nephews; and he will also be sadly missed by Wanda.

The funeral was held at the Toomey-O'Brien Funeral Home, with burial to follow in Paucatuck Cemetery (both in West Springfield).

The family has asked that donations be made in Gary's name to the Shriners Hospital for Children, 516 Carew St., Springfield, MA 01104.

- ADVERTISER NEWS -

Want to surprise your friends, family members, or co-workers when they turn a "certain age"? Then be sure to put a "Birthday Ad" in The Agawam Advertiser News....

FireWise...

Be sure to test emergency fire exits

by Fire Chief David Pisano

More people die from home fires than any other kind. Over 5,000 people perish every year in home fires because they don't know what to do. Hopefully, your family has prepared and practiced a Home Fire Escape Plan.

One important part of such a plan is locating and learning to use emergency ways out and alternative routes to safety. The Agawam Fire Department suggests that you practice using emergency exits to make sure they are usable. It's too late to discover your widow is stuck shut and won't open when a fire has occurred.

In most homes and apartments, emergency exits are usually windows or stairways. Make sure windows can be opened and that screens and storm windows can be removed from the inside.

Make sure children can operate locks and know to get out quickly, not to wait for you. If they cannot get out, they should know to wait at the window for help, where firefighters can see them. Make sure everybody learns to stay low and crawl to the nearest exit.

If bedrooms are on the second floor, provide folding ladders. Most fatal home fires begin at night while we are asleep. Escape ladders can be made of light rope. Metal ladders made for escape can be purchased at most hardware stores.

Although most people plan to tie bedsheets together to form a rope, there is usually not enough time to do that in a fire. Jumping from second-story windows can cause severe injuries.

If you live in an apartment or condominium and your enclosed stairways are your emergency exits, practice finding these in the dark. First, count the number of doors from your room to the exit stairway. You probably won't be able to see the exit sign above the door through smoke.

Once in the stairway, go down to the outside. Go up to the roof only if you are forced by smoke. Most fire departments do not have helicopters ready to scoop you off rooftops. Remember, do not block the exit stairway doors open. Once smoke enters the stairway, your escape route is not safe.

Your family may have several alternate routes to take in case of fire. Make sure you practice all of them as much as possible. Fast actions are needed in a fire, and trained responses help those happen.

If your family does not have a Home Fire Escape Plan, contact the Agawam Fire Department at 786-2662 for information and assistance in developing a plan for your home.

Yard waste recycling guidelines for Agawam residents

Please note the following guidelines for recycling yard waste in the Town of Agawam:

* Yard waste (leaves, grass, and other easily-raked materials) must be placed in a **30-gallon, two-ply Kraft paper bag** to be collected.

* Branches 1"-3" in diameter x 3 feet long will be collected. Tie branches into bundles weighing no more than 50 pounds.

* Please refer to your collection schedule for your pick-up date.

For additional information, call 786-0400, ext. 286.

LETTERS - from Page 4

Past; Thoughts in a Basket; Hampden County Chiropractic; Reel Bait and Tackle; Eye Care & Eye Wear Center; Shear Xtreme; E&R PC Repair Services; Kab for Kids; Achievement Pathfinders; The Sylvan Lane Shoppe; and Susan Pease.

Mayor Richard A. Cohen
Cynthia Ayre, Chairman, Agawam Small Business Assistance Center
Deborah S. Dachos, Director, Office of Planning and Community Development

LEGAL NOTICE

AGAWAM HISTORICAL COMMISSION

The Agawam Historical Commission will be holding a public hearing at 7:00 PM on Tuesday, July 8, 2003 at the Agawam Public Library, 750 Cooper Street. The purpose of this hearing will be to review the Demolition Permit for 2 North Street, 4 North Street, 12-14 North Street, 274 & 276 Springfield Street which comes under the Town of Agawam's Demolition Delay Ordinance.

By Order of David Cecchi, Chairman
AGAWAM HISTORICAL COMMISSION
Published: June 26, 2003

" THE PLACE TO BE "



Kevin Rhodes: Music Director SSO, Mark Lavoie: Director Stanley Park, Michael Jones: Director SSO

Summer Pops at Stanley Park 2003 with the Springfield Symphony. Tickets and picnic basket on sale at the Bistro!

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Melconian announces passage of DNA felony collection bill

Senator Linda J. Melconian (D-Springfield) is pleased to announce that on June 19, 2003, the Senate passed Senate Bill 187, "An Act to Enhance the State DNA Database." The bill now moves to the House for its approval.

"Some people have expressed concerns about needing limits on the collection of DNA. I propose that people convicted of felonies, who have had their day in court and were found guilty by a judge or jury, is the proper limit," said Melconian. "We are not collecting DNA from people applying for a driver's license or those subjected to fingerprinting when they are arrested by the police. We are talking about convicted felons."

Melconian, a former prosecutor, chair of the Science and Technology Committee, author of the state's comprehensive genetic privacy and anti-discrimination law, co-sponsored this legislation. This legislation is designed to maximize the ability of law enforcement officials to compare crime scene evidence against DNA samples for known offenders. The bill expands the pool of offenders from which the state will collect a DNA sample to include all convicted felons and all youthful offenders (juveniles over 14 years of age who have been convicted of a felony offense).

In other states, similar measures have significantly increased the rate of DNA matches and subsequent criminal prosecutions. Expanding the database offers law enforcement a better tool to both identify and exonerate criminal suspects. For example, since 1992, 70 prisoners, including eight on death row, have been released nationally after DNA tests cast doubt on their convictions.

The evidence in favor of expanding our DNA database is overwhelming. Since July 2000, when Florida began taking DNA from convicted burglars, 28 percent of homicide matches and 12 percent of sexual assault matches have been to people previously convicted of burglary. Virginia, which has collected DNA from burglars and other non-violent felons since 1990, has found that even white-collar criminals can go on to commit more serious crimes.

Ten of the 22 Virginia forgers who have been linked to other crimes through the state's DNA database were linked to murders or sexual assaults. In Virginia, nearly two-thirds of the 60 crimes linked to people previously convicted of drug possession were rapes or murders.

The STR testing process used in the collection of the DNA sample specifically avoids the acquisition of general genetic information. This limits the use of a felon's DNA to ensure that it is only used for identification purposes to help solve past, present, and future crimes.

Twenty-eight states have expanded their DNA database laws to include collection from all convicted felons. In addition, Congress is considering legislation that would increase the availability of funding to address backlogs in the entry of DNA samples into state databases. DNA databases have become a powerful crime-fighting tool, with more than 2,350 offender "hits" reported to the FBI as of March 2002.

The Massachusetts SJC has upheld the current DNA database collection law, holding that the collection of DNA from convicted felons is a reasonable search-and-seizure that does not violate the 4th Amendment based on a diminished expectation of privacy rights and the legitimate state interest in investigation and prosecution of crimes. (*Landry v. Attorney General* 429 Mass. 336, 709 N.E.2d 1085 [1999]).

"We must give law enforcement the 21st century tools to solve and prevent crime. DNA testing is the greatest crime-fighting advancement since the fingerprint," concluded Melconian.

The Massachusetts District Attorney's Association, Attorney General Thomas F. Reilly, the Massachusetts Chiefs of Police Association, and the entire Hampden County Law Enforcement Community support this legislation.

★ ★ ★ Campaign 2003...

Bonavita assails as irresponsible the Mayor's use of flyer

Mayoral candidate and City Councilor Anthony C. Bonavita has assailed a recent flyer sent to Agawam water users called "Our Town."

Bonavita stated, "The shiny, two-page flyer with color pictures and graphs was put in a water use informational notice from the DPW department. I have no problem with the water use notice. But I do take serious issue as irresponsible the printing of and insertion of the "Our Town" flyer to be paid with tax dollars. The Mayor is featured with his picture, an introductory letter, and his signature under the 'Our Town' title. It then, on the front and back page, features different stories, none of which mention water, water rates, water funds, or water line reconstruction.

"To other citizens who contacted me and I, the flyer smells, walks, and talks like a campaign brochures for the Mayor," Bonavita stated. "From information I received from the city auditor, the invoice for the flyer's printing (not the water notice) is for \$1,998.10. Since it was included in the water notice mailing, there is also a benefit associated with the postage. In this time of fiscal crisis where the Mayor used free cash, stabilization funds and tax abatement, and exemption reserves to balance the budget, it is fiscally irrespon-

sible to use tax dollars for this flyer.

"I ask the voters of Agawam not to forget that the Mayor cut the proposed level funded school budget," Bonavita cautioned. "Do not be lulled into complacency by the Mayor's rhetoric. Look at the facts."

Bonavita, 50 years-old, is an attorney with offices at 101 State Street, Springfield and has been practicing law for over 25 years.

Councilor Bonavita is serving his second two-year term on the City Council. Presently, he serves on several council subcommittees, as chair of Finance, as a member of the School Budget, Zoning Review, Recreation and Industrial Relations. In the past, he also served as chair of the Rules, chair of the Budget I, and chair of the Zoning Review.

John O'Brien of Feeding Hills is serving as chairperson and Adele Bonavita is serving as treasurer of the Committee to Elect Anthony C. Bonavita Mayor of Agawam.

Bonavita resides at 683 Cooper Street with his wife, Adele, and their two children, Carlo and Franca. Both children graduated from Agawam High School and college.

Anthony Bonavita plans organizational mtg.

An organizational meeting will be held on Sunday, June 29th for the candidacy of Anthony C. Bonavita for Mayor of Agawam.

It will be held at the home of Anthony and his wife, Adele, at 683 Cooper Street, Agawam from 2:00-4:00 p.m.

We Fit-In

'We're Still Gardening'

Wanda and Bill Powers, a retired assistant production manager at the Springfield Newspapers, loved to tend the garden at their Evergreen Road home in Springfield's 16 Acres. So when they learned that gardening opportunities would be aplenty at Reeds Landing, it made the transition to the retirement community that much easier. The ample walking areas on the grounds were a big plus as well.

According to the Powers, they enjoy walking the grounds, watering flowers on the property, and they have their own separate garden space to cultivate. "We're still very active and still gardening!" say the Powers.

Bill also was instrumental in bringing a regular police patrol to Reeds Landing. As a member of the 16 Acres police beat management team Bill persuaded Springfield police to make Reeds Landing a regular stop on their nightly patrols. With Wanda and Bill Powers around, Reeds Landing's flower beds are flourishing... and the feeling of safety and security has never been greater.



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MAYOR RICHARD COHEN (left photo, far right) presents a "Certificate of Appreciation" to retiring Beautification Committee Chairman John Zebryk (second from the right). Looking on are (from left) Agawam Town Councilor George Bitzas, Violet Baldwin (incoming chairperson), and Sasha Zebryk (John's wife and a Beautification Committee member). In right photo: Part of the group gathered outside of the historic home of Mary & Brad Gooch on Main Street where John Zebryk was recently honored. Front row: Filomena Hamilton, Carol Pignatare, Helen Lawrenchuk, Sasha Zebryk, Violet Baldwin, and Mayor Richard Cohen. Back row: Mary Gooch, John Zebryk, Richard Bellico, Agawam Town Councilor George Bitzas, and Gina Fusick.

John Zebryk recipient of Beautification Comm. honor

John Zebryk and his wife, Sasha - members of the Agawam Beautification Committee - expected just an interior view of Mary & Brad Gooch's historic colonial home on Main Street.

"To get the best first impression," Mary Gooch said, "come up the path and enter from the front door."

But the lure of the home tour was a ruse for a "thank you" celebration honoring Zebryk's service. Upon entering, he was shocked and delightfully sur-

prised to find an array of smiling Beautification Committee members, friends, and Town of Agawam officials gathered around a sumptuous banquet table prepared in his honor.

The Beautification Committee and the Town expressed their appreciation for Zebryk's many contributions during his nine years as an active member of the committee. In each of those years, Zebryk has had a leadership role, serving as chairman for the last two years.

Zebryk's personal vision has been to expand the traditional role of the committee so as to include the active participation of civic groups, businesses, and citizens as ad hoc members of the committee working collaboratively on the town's beautification programs.

Since health issues have forced him to step down as chairman, Zebryk will remain an active member and also be available in an advisory or consultive capacity.

Regular Council meeting agenda for Mon., July 7th

Agawam Middle School - 7:30 P.M.

1. Citizen's Speak Time
2. Roll Call
3. Moment of Silence and the Pledge of Allegiance
4. Minutes - Regular Council Meeting of 6/16/03
5. Declaration from Council President
6. Presentation of Petitions, Memorials & Remonstrances

(a) Resolutions

1. TR-2003-23- A Resolution Authorizing the Agawam Community Preservation Committee to spend \$2,500.00 to replace a historical marker under the Historical Preservation Section of the Community Preservation Act (Pres. Letellier).

7. Report of Council Committees

None.

8. Elections

None.

9. Public Hearings

None.

10. Old Business

None.

* * * * *

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Agawam Council on Aging receives grant for full-time outreach worker

The Agawam Council on Aging has received a grant from the Greater Springfield Senior Services, Inc. to make the position of outreach worker full-time. The grant will be for \$7,646.

"During this very difficult time for seniors and for the town, we have managed to increase the hours for our most important job of getting seniors the help they need," said Council on Aging Executive Director Richard Mundo.

"The fact that it will not add to the burden of local

taxpayers is an added benefit," he said.

During the fiscal year, the COA lost the position of social worker through attrition. The position of outreach worker is responsible for coordination of the center's Meals on Wheels Program, fuel assistance, food stamp registration, case management, and information and referral.

The grant is funded by the federal government through the Older Americans Act.

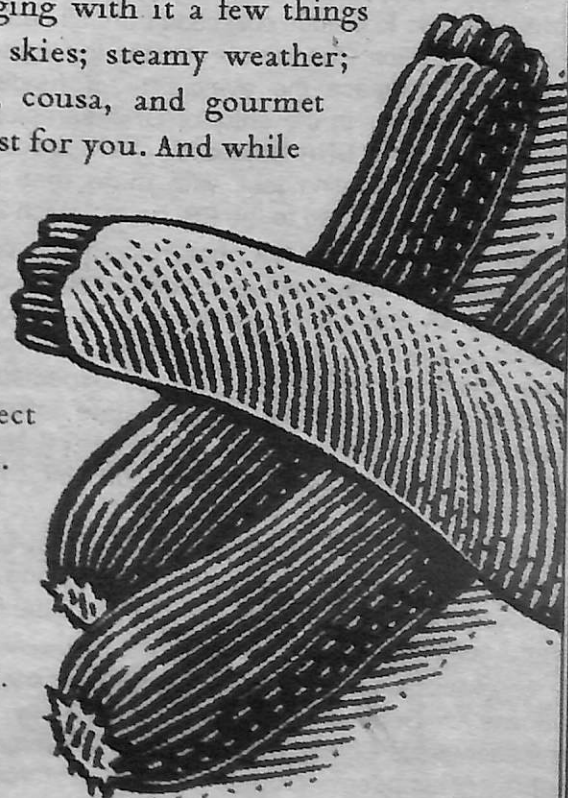
For all the hometown news, you turn our pages each and every week ... AGAWAM ADVERTISER NEWS!!!

Summer has finally arrived, bringing with it a few things we've been missing for a while: sunny skies; steamy weather; and our own squash! Yellow, zucchini, couisa, and gourmet summer squash, fresh picked every day, just for you. And while you're in, don't forget to pick up some of our own delicious peas (*pod, snow & sugar snap*); sweet, juicy strawberries; and zingy radishes. Add some of our greenhouse tomatoes, cukes, and peppers to our fresh, crisp lettuce for that perfect salad and life seems complete. Well, almost. Hmm. When will that corn be ready??

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Families

AJWC Homelife Federation presents mind & body tips

On Tuesday, May 20th, at the Captain Charles Leonard House, the Agawam Junior Women's Club hosted a facial make-over by Salon Tres Chic & Day Spa.

The salon is now located at 339 Walnut St. Ext. in Agawam. Owner Mary Ann Zicoella said they now offer full spa services as well as advanced hair services. She said, "Specialty treatments include facials (extending into treatment for acne and rosacea conditions), make-up application and lessons, full body waxing, full body massage, pedicures, manicures, and acrylic nails."

Ms. Zicoella publishes weekly articles under her column, "Beauty Corner" in *The Agawam Advertiser News* and is a certified cosmetologist and medical assistant. She distributed literature explaining the importance of using an SPF (sun protection factor) that protects from UVB (ultraviolet burning ray) and UVA (ultraviolet aging ray) in sunscreen products, but stressed that the best defense is to try to minimize exposure between the hours of 10:00 a.m.-3:00 p.m.

Aesthetician/cosmetologist Kathleen Mayo displayed her knowledge on make-up specialty as she performed a facial make-over on AJWC member Susan Godfrey. She said that the three basics in caring for the skin are: "cleanse twice a day, toning, and moisturizers."

Both the cosmetologists recommended using mineral-based products and stressed the importance of hydration not only of the skin, but in drinking enough water as well.

Ms. Zicoella passed out information about hydration and the correlation of many health problems primarily caused by chronic dehydration in the body.

In keeping with this trend of thought, the AJWC offered healthy fruit snacks with yogurt dip and herbal teas. The Homelife Federation offered the tidbit, "Cleanse the body, mind & soul - For three days, avoid all dairy products, drink lots of water, cranberry juice, and green tea."

Literature on the benefits of green tea and human health were made available to all in attendance.

Finally, the Homelife Federation distributed a 10-minute quiz to measure personal finance fitness levels for women, pointers on teaching teens good financial habits, and an article on "Financial Fitness" subtitled "Free Money for College" that can be found on the Internet.

The AJWC is a member of the GFWC, Junior membership, of MA. Federations include arts, conservation, education, homelife, international, and public affairs.



PICTURED ABOVE with displays of mineral-based facial make-ups are (from left) Ann Pitoniak, corresponding secretary and program coordinator for the Agawam Junior Women's Club; Mary Ann Zicoella, owner of Salon Tres Chic & Day Spa; and cosmetologist/aesthetician Kathleen Mayo.

Friends of the Agawam Library to present gifts

The Friends of the Agawam Public Library wishes to announce that it will be presenting gifts to the Agawam Public Library on Thursday, July 10th at 7:30 p.m. in the Community Room of the library.

The gifts have been purchased from the proceeds of the Friends' June 7th book sale. The public is invited to attend this event and meet members of the library staff and the Friends group. Light refreshments will be provided after the presentation.

A brief general meeting of the Friends group will precede the gift presentation. It will be held at 7:00 p.m. in the Community Room. This meeting is open to the public. Anyone interested in learning more about the Friends group is invited to attend. Membership is open to all.

The Friends of the Agawam Public Library is a non-profit organization whose mission is to support the town library by providing fundraisers, workshops and educational activities, and volunteer services.

For further information, write to Friends of the Agawam Public Library, P.O. Box 478, Feeding Hills, MA 01030-0478. The Friends group is not connected to any local, state, or federal government agency.

Oriole Drive families to hold first annual block party

On June 28th, the neighbors of Oriole Drive will come together for the first annual block party. This event has been in the planning stages for the past three months.

The neighborhood was surveyed earlier this spring to determine if there was any interest in this type of activity. Barbara Lussier and Beth Sexton, who surveyed the families, were delighted to find that everyone on the street was interested and all families will be attending.

The day will begin at 2:30 p.m. with a parade. The children will be carrying a banner they decorated or riding their decorated bicycles. Neighborhood pets were also invited to be in the parade. Everyone will be celebrating their "Neighborhood Pride." Afterwards, there will be volleyball and horseshoes, swimming, and music for the young and young-at-heart. Additionally, there will be a water balloon contest, ring toss, and a scavenger hunt for the children. A bonfire will top off the night. All families are responsible for bringing a dish to share and a main dish for themselves. Families were also asked to bring non-perishable items. The neighborhood will be collecting donations for the Open Pantry in West Springfield.



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MARIANNE SWENSON (left), a nurse at Agawam High School, discusses the benefits of the "Healthy Money" grant with Agawam Junior Women's Club member Liz Taylor.

Agawam Junior Women's Club receives "Healthy Money" grant

The General Federation of Women's Clubs has awarded the Agawam Junior Women's Club a "Healthy Money" grant in the amount of \$100 through a special GFWC program made possible by the Lilly Centre for Women's Health.

AJWC President Theresa Conklin said that GFWC received hundreds of applications for the grant money and was pleased that Agawam's club was a recipient to help educate our community about women's health. She further explained that Federated clubs have a long history of volunteer work in educating the public about health issues and was happy this grant money will allow the AJWC an opportunity to expand its project into Agawam High School.

The AJWC purchased pamphlets made available to students through the Agawam High School nurse's station. Marianne Swenson, RN, BSN, said that students picked up the pamphlets at her office at AHS and looked them over. "Then the students will come back in a day or two after looking over the pamphlets to talk with us and ask questions," stated Ms. Swenson.

Pamphlet topics included "101 Things To Know About Body Art," "Dating Dangers," "Getting What You

Want From Relationships," "Personal Safety Tips for Teens," and "Suicide Talk: What To Do If You Hear It."

"The one on body art, which discusses tattooing and body piercing, is very popular. It flew off the shelves," remarked Ms. Swenson.

She added, "I can get many of the pamphlets about drugs, alcohol, and AIDS for free." The pamphlets are available to all students, not just female students, although the ones about dating dangers and relationships seem to appeal more to the female students.

According to GFWC International President Judy Lutz, 30 clubs have received grants to date. Ms. Lutz said, "Our organization is dedicated to community improvement through volunteer service, and the work of these winning clubs will certainly make a difference in their towns and cities."

AJWC has been a member of the General Federation of Women's Clubs since 1957. Federations include arts, education, home life, conservation, and international and public affairs. Located in the nation's capital, GFWC is an international organization of volunteer, community-based women's clubs with members worldwide.

Agawam AFS seeking host families for exchange students

If there is room in your heart and home for a teenager from a foreign land, then the Agawam Chapter of American Intercultural Programs (AFS) may be just for you and your family.

AFS International is the largest student-teacher exchange organization in the world. The Agawam Chapter of AFS has been bringing foreign teenage students into the community as seniors at Agawam High School and placing them with families in our community since 1974.

For the current 2002-2003 school year, Agawam AFS is hosting students from Norway and Germany. Both will receive their diplomas with Agawam High's graduating class of 2003 on Sunday, June 8th, at Springfield Symphony Hall.

This is a life-long dream for these students to come and study at American high schools and live with American host families.

Agawam AFS has a long and distinguished history of providing strong local support to its host families through the volunteer community chapter, as well as support and cooperation from the Agawam School Committee, Agawam School Department, administration and teaching staff at Agawam High School, and a large and well-organized student AFS club.

At Agawam High, Agawam AFS is represented by faculty member Mary Ellen Bruce, a member of the Foreign Language Department who serves as advisor and as a mentor to the AFS students attending the school. She is also advisor to the school's AFS student club.

AFS International provides medical and liability insurance, and the Agawam Chapter provides assistance to the families for a variety of school-related expenses.

Homes are being sought for students (males and females) from several European countries, as well as from South America and Latin America.

If you think you may be interested in being a part of this successful and rewarding program as a host family, call Mary Ellen Bruce at Agawam High School, 821-0531, weekdays; Lee Lacienski, the community chapter's student-family liaison, 786-3877; Karen Asta-Ferrero, vice-president, 786-3048; or Ric Sardella, chapter president, 789-2005

EARLY DEADLINE:
Due to the Fourth of July holiday next week, the deadline for our next edition is Monday, June 30th, at 12:00 noon...

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Erbium Laser Treatment

Last week, I wrote about laser treatment using the CO2 Laser Treatment. Today, I will explain about the Erbium Laser Treatment.

The Erbium is similar to the CO2 in the way it works (vaporizing outer layers of skin and affecting some skin contraction underneath), but it resurfaces with less heat, so healing takes place in about a week, with most of the redness fading in one to two weeks.

At one month, patients have little or no redness. The long-pulsed erbium laser is thought to be more effective (but is also more invasive) than the short-pulsed erbium. This procedure is best for wrinkles, acne scars, sun damage, and irregular pigmentation. In general, the erbium is gentler, with fewer side effects and a shorter post-operative recuperation (one week instead of two), but does not produce as much tightening of the skin and does not give the same dramatic results as the CO2. Still, it is becoming the machine of choice for many doctors. It is said that significant improvements can be obtained without as much trauma to the patient and fewer post-operative complications.

The cost is from \$2,000 to \$5,000 for full face resurfacing, less for partial treatment.

Another option is a new procedure called photo-rejuvenation, or Intense Pulsed Light (IPL) therapy. It is much less invasive than laser resurfacing or microdermabrasion. The treatment works by exposing the skin to intense pulses of non-laser light which penetrate to the deepest layers of the skin, triggering collagen growth.

The procedure is effective against broken capillaries, age spots, freckles and rosacea, and it causes minimal trauma to the outer layer of the skin. There is some redness and swelling for the first 24 hours after the treatment. The IPL cannot be used on patients with dark skin, or on anyone taking Accutane.

The cost is approximately \$2,500 for a series of five treatments. As always, check with your dermatologist for the best solution for your skin concerns.

Thought for a smile: Discovering that you can still ride a bike.

And remember ... *Beauty is our Business!*

Sesquicentennial Comm. to meet Mon., June 30th

The June meeting of the Agawam 150th "Sesquicentennial" Committee will be open to the public and anyone interested in attending can get an update on plans that have been worked out during the past year, including information on events such as a ball, concert, bonfire, historical re-enactment, house tour, antique car show, tea and historical exhibit, barbecue, fireworks, and parade during the week of June 16th-19th of 2005 and the Coliseum Spectacular on May 15th of that year.

The meeting will take place on Monday evening, June 30th at 7:00 p.m. in the Community Room of the Agawam Public Library.

Plans are being worked out to expand the committee in the fall by asking all of Agawam's clubs and organizations to have a liaison member that may be able to form channels of communication. All of the events are going to need support from any members of the community who can give it.

EARLY DEADLINE: Due to the Fourth of July holiday next week, the deadline for our next edition is Monday, June 30th, at 12:00 noon ... Agawam Advertiser News!!!



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Ag. Lions support D.A.R.E. program



THE AGAWAM LIONS CLUB is always doing its part to help worthwhile causes, and it continued to demonstrate its commitment to community service by making a recent donation to the Town of Agawam's D.A.R.E. program. In the above photo, Agawam D.A.R.E. Officer Karen Langevin is shown accepting a check from Dick Bassett, a member of the Agawam Lions Club.

Friends of the Senior Center to host breakfast

The Friends of the Agawam Senior Center will be hosting a Pancake Breakfast on Sunday, July 13th at the Agawam Senior Center. Time for this event will be 8:00 a.m.-12:00 noon.

Tickets are \$4 for adults and \$2 for children under 10 years of age. All proceeds will be used to purchase furnishings for the newly enlarged center in the near future.

Friends members will be serving and members of the Lions Club of Agawam will do the cooking. Tickets are available at the Senior Center or from members of the Friends board.

Happy 16th Birthday SARA



Love,
Mom, Dad, Nick & Mike

"Here come the brides!" at Six Flags New England's water park

On Saturday, June 21st, Six Flags New England celebrated the expansion and opening of its water park with a wedding!

Six Flags provided a complimentary wedding to six couples who had committed to "take the plunge" and exchange vows in the newly expanded Hurricane Harbor water park. Six Flags provided the romantic setting of Hurricane Harbor, a Justice of the Peace, and a beautiful reception that took place in the picturesque River's Edge Picnic Grove.

Six couples from Connecticut and Massachusetts responded recently to a search made by Six Flags for couples to wed in the new water park, complete with complimentary admission to the theme and water park and a wedding reception for 50 guests.

"We built a beautiful tropical paradise complete with water falls and palm trees, and thought it was the perfect setting for a wedding" said Ron Severt, Six Flags vice president and general manager.

"It's the region's largest water park, and there is nothing like it in all of New England", Severt added.

Each couple stood among friends and family in Hurricane Harbor as they exchanged vows and legally become "husband and wife." The Justice of the Peace - Eileen Jensen of *Magic Wings Butterfly Conservatory* - performed the ceremony, after which she released native butterflies from the conservatory.

Immediately following the ceremony, the newlyweds and their attendants really took the plunge as they slid down Geronimo Falls and Zooma Falls in the unique quad tubes.

From there, the brides, grooms, and guests headed down to a reception in the beautiful picnic grove for a scrumptious feast, music, a champagne toast, and (of course) wedding cake.

Two of the six couples have worked, or currently work, for Six Flags New England. Israel Trinidad and Zulma Perez of West Springfield have been together for 17 years, and they finally decided to "take the plunge" on June 21st.

"We have both worked for Six Flags and decided what better place to get married than Six Flags," stated Israel, a part-time security officer for the park.

Robert Robitaille and Karen McTaggart of Agawam both currently work for Six Flags in food service.

"We met at Six Flags and have been together for nine months. We were planning on getting married

and because we met here, we thought it would be even more special", said Karen.

Elaine Keune and Steve Matlock of Vernon, Connecticut wanted to have a wedding that their kids could enjoy just as much as them.

"We've been looking for something special and when we read about Six Flags, we just knew it was the right thing to do," said Elaine.

Derrick Fosberg of Rockville, Connecticut and his bride-to-be, Shari (also from Rockville), were looking for something unique.

"We were looking for something different and when we saw that Six Flags was offering weddings, we both thought that it would be so cool," remarked Derrick.

Tammy Dunn and Brian Perreault of East Hartford, Connecticut had plans to marry, but nothing was definite.

"We decided to get married at Six Flags because it sounded fun and interesting," said Tammy.

John Richards and Christina Longley of West Springfield decided at the last minute.

"We heard about the search from my cousin and called after the deadline. I was afraid that it was too late but when they told me it wasn't, I was in shock," said Christina. "But now I am so excited that we are doing this. We've been trying to plan a wedding for over a year," she added.

Six Flags now offers great wedding packages for adventurous couples, from a beautiful ceremony at the antique carousel to a tropical setting in Hurricane Harbor!

For more information, call Six Flags group sales office at (413) 786-9300, ext. 3525.

Six Flags New England is now open daily. For more information on the 2003 season, call (413) 786-9300 or visit Six Flags on the World Wide Web at www.sixflags.com.

Six Flags, Inc. is the world's largest regional theme park company. Through its subsidiaries, it owns and operates a total of 39 parks in North America and Europe. Six Flags parks serve 35 of the 50 largest metropolitan areas in the United States.

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Many summer activities available at Sr. Ctr.

If you missed our Sunday Open House in June, it's still not too late to take advantage of many summer activities at the Agawam Senior Center.

Our "Walking Club" meets three days a week, Monday, Wednesday, and Fridays, at 8:00 a.m. and walks about 1-1/2 miles. On Friday, July 11th, we will take our mini-bus to Forest Park to walk. We are able to take 12 people, so sign up early.

Also continuing in our air-conditioned Center is Bingo every Monday and Saturday at 1:00 p.m.; Line Dancing on Mondays at 9:30 a.m.; Weight Training on Mondays and Wednesdays at 8:30 a.m.; Billiards

daily; Movies on Tuesday at 12:30 p.m.; and plenty of card games, including Pitch on Thursday and Bridge and Cribbage on Fridays. Also on Fridays at 10:00 a.m. is Tai Chi.

The Breakfast Bar and Dining Room are open for service Monday-Friday.

For lunch reservations or if you are interested in getting away on trips (one day or multiple days), check with the Senior Center at 821-0604 or 821-0605.

Have a wonderful and active summer!



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Spectacular summer programs at Agawam Library

The Agawam Public Library is offering many fun and exciting summer programs for families from Agawam and Feeding Hills. Registration is required for all programs and may be made in person or by calling the Children's Department at 789-1550, ext. 4

2003 Summer Reading Program

All children, from tots to teens, are invited to join the annual Summer Reading Program. The theme of the statewide program this year is READ! THINK! CREATE! @ your library and is funded by the Massachusetts Regional Library Systems and the Agawam Center Library Association. Children may pick up information about the program when they sign up at the library. Two very special performances are scheduled to celebrate the beginning of Summer Reading this year.

Balloon Animal

Thursday, June 26th, 10:00 a.m. For ages three to 103. Kick-off the Summer Reading Program with music, magic, and balloons by award winner Michael Lynn, Jr.

Peter & Ellen Allard

Wednesday, July 2nd, 7:00 p.m. For all ages. Celebrate the beginning of the Summer Reading Club with a special performance of lively music by this talented and award-winning duo.

Join the Ag. Library for more fun programs

Terrific Toddler Summer Playgroup

Tuesday, July 8th, 15th, 22nd, and 29th, 10:30 a.m. For children ages one through three. Enjoy your toddler in our Children's Activity Room with 45 minutes of unstructured playtime for toddlers and their grown-up.

Evening Summer Storytime

Thursday, July 10th, 17th, 24th and 31st, 6:30 p.m. For children ages three and up. A 30-minute evening storytime consisting of music, stories, and a simple craft.

Family Summer Storytime

Friday, July 11th, 18th, 25th, and Aug. 1st, 10:30 a.m. For children ages three and up. A 30-minute evening storytime consisting of music, stories, and a simple craft.

Storytelling by Tom McCabe

Tuesday, July 29th, 6:30 p.m. For all ages. Exciting tales and activities with lots of audience participation performed by award-winning storyteller!

Dinoman Dinosaurs!!!!

Wednesday, Aug. 20th, 10:00 a.m. For ages three and up. Life-size DINOSAURS! Magic! Fossils! A fun and creative way to learn about dinosaurs! You can even go inside one!

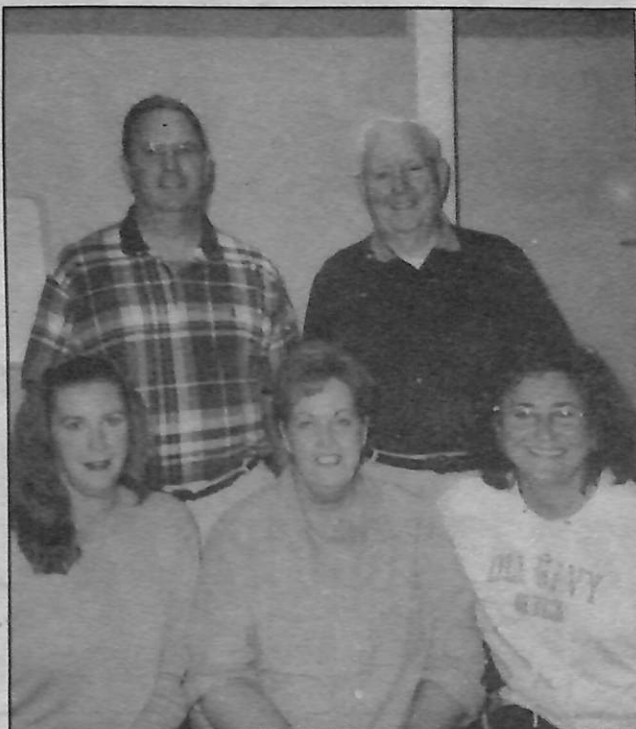
Teddy Bears' Picnic

Thursday, Aug. 7th, 6:30 p.m. or Friday, Aug. 8th, 10:30 a.m. For ages three and up. Bring your favorite teddy bear to the library for stories, songs, a craft, and a snack.

Paper Airplane Workshop

Thursday, Aug. 21st, 6:30 p.m. For ages six and up. Create paper airplanes and fly them in a contest.

New officers/directors for St. Pat's Comm.



THE AGAWAM ST. PATRICK'S COMMITTEE recently elected officers and directors for the coming year. The next meeting of the committee will take place on Thursday, August 21st. Front row: Maureen Fullam (clerk/secretary), Lynn Fitzpatrick (vice-president), and Lisa Garvey (treasurer). Back row: Mark DeForge (director for one year) and William Pfau (president). Missing from photo: Barbara Lussier (director for two years) and Tom Stanton (director for one year).

Calendar of July & August events for Golden Age Club, Chap. 1

Thurs., July 3rd: Board of Directors' meeting, Senior Center, 1:00 p.m.

Wed., July 9th: Meeting Day, Senior Center, 1:30 p.m. We will be selling tickets for our annual picnic. Bingo will be played.

Wed., July 25th: Meeting Day. Our annual picnic will be held at Oak Ridge Golf Club at 12:00 noon. Regular bingo will be played.

Fri., Aug. 1st: Board of Directors's meeting, Senior Center, 1:00 p.m.

Wed., Aug. 13th: Meeting at the Senior Center, 1:30 p.m. Bingo again, as has been requested by many members.

Wed., Aug. 27th: Meeting Day, Senior Center, 1:30 p.m. Entertainment on the saxophone and clarinet by John Root. Birthdays for the month of August will be celebrated.

All Agawam seniors are invited to join our club. Please see Mary DelNegro for membership.

Agawam Senior Center's weekly lunch menu

Mon., 6/30: Mushroom/barley soup, quiche Lorraine, tossed salad, nectarines.

Tues., 7/1: "Birthday Celebration" - pork cutlet cacciatore w/pasta, cake.

Wed., 7/2: Honey-roasted chicken, carrots, baked potato, chocolate pudding.

Thurs., 7/3: Hamburger, corn on the cob, potato salad, Jello.

Fri., 7/4: Fourth of July (Senior Center closed).

(All meals served with whole-grain breads; menu subject to change without notice.)

Airman Justin Gorman graduates from basic training

Air National Guard Airman 1st Class Justin P. Gorman has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

Gorman is the son of Sheila Gorman of Plantation Drive, Agawam.

In 2000, the airman graduated from Agawam High School and in 2002, received an associate degree from Holyoke Community College.

July calendar of events for Golden Age Club, Chapter 2

Wed., July 2nd: Regular Meeting, 1:30 p.m., Senior Center. Bingo will be played.

Mon., July 7th: Bus trip to Mohegan Sun Casino.

Thurs., July 10th: Bus trip to Lake George, NY.

Wed., July 16th: Regular Meeting, 1:30 p.m., Senior Center. Liz Carter will play her guitar and sing.

Fri., July 25th: Board of Directors' Meeting, 1:00 p.m., Senior Center.

For information on trips, please call Arthur Usher at 786-3567.

All Agawam seniors are cordially invited to join Chapter 2. Please see Rosemarie Usher, vice-president.

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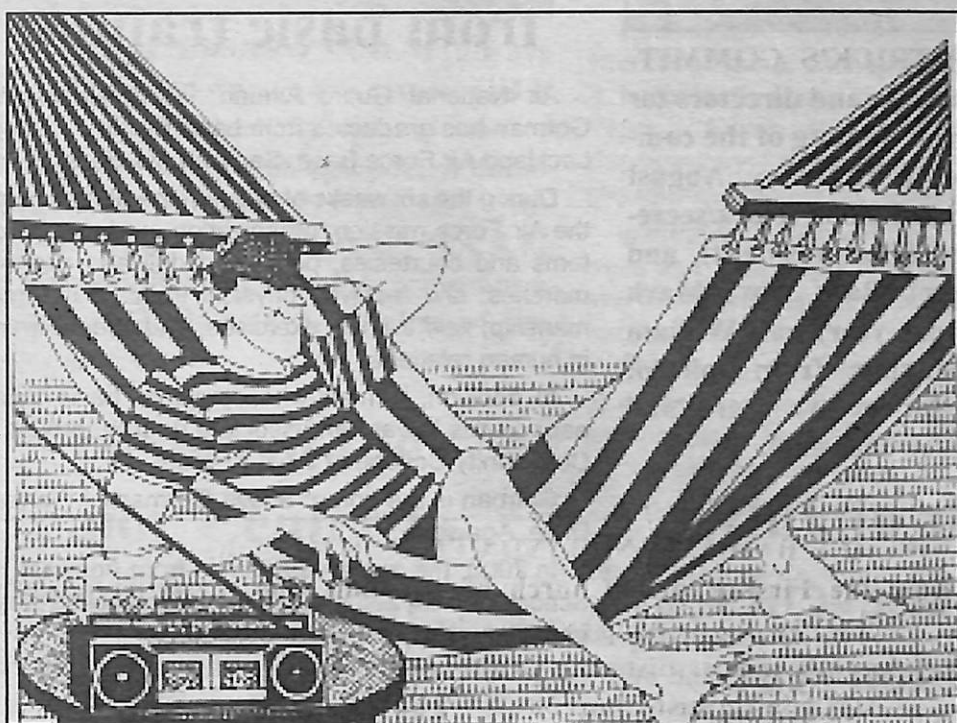
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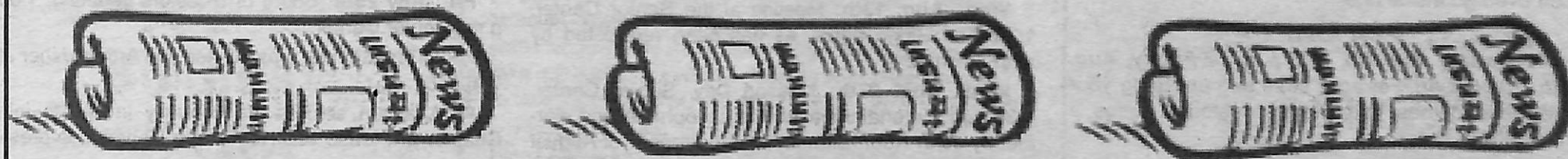
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Church News

Calendar from All Saints Parish

St. Anthony of Padua Church
St. Theresa of the Child Jesus Church

Rev. Steven Amo, Administrator

St. Anthony of Padua Church, 108 Bridge St.,
Agawam; St. Theresa of the Child Jesus Church, 74
Bridge St., Agawam

Rectory: (413) 786-4451. Website: www.allsaints.alphanine.com.

Mass Schedule

Mon. & Tues.: 9:00 a.m., St. Anthony
Wed.: 9:00 a.m., St. Anthony - COMMUNION
SERVICE (no Mass)
Thurs.: 7:00 p.m., St. Anthony
Fri. & Sat.: 9:00 a.m., St. Anthony
Sat.: 4:30 p.m., St. Theresa
Sun.: 8:30 a.m. (St. Anthony) and 11:00 a.m. (St. Theresa)

Holy Day Vigil: 6:00 p.m., St. Theresa

Holy Day: 9:00 a.m./6:00 p.m., St. Anthony

Rosary: One half hour before daily Mass

All Saints Parish Mission Statement

As a community of faith, we strive to live the examples of our patrons, the saints in heaven.

We gather around the Eucharistic tables as one in mind and heart seeking an interior relationship with Christ that then empowers each member to bring His presence into the world.

From our youth (whom we educate) to our aged and infirmed (to whom we bring comfort), we strive to recognize the honor of each through the fostering of sacramental and spiritual healing.

As a community of prayer, we implore God for the needs of all His people.

Always loyal to and supportive of the larger Church, we gather around our Bishop and our chief teacher and shepherd as successor of the Apostles.

As a parish family, we are dedicated to the values and morals taught by our beloved Catholic faith.

When one among us is in need, it is our communal obligation to bring the comfort and love of Christ into that situation.

At the center of our lives is the worship of Christ, receiving of His Body and Blood in the Holy Eucharist, and allowing that Presence to work in and through those who have come together to offer themselves in praise.

In Christ, we have been called to be family, as family, we have been called to love and worship.

We seek always to keep that call alive and vital in our community and in our world.

**EARLY
DEADLINE:**
Due to the
Fourth of July
holiday next
week, the
deadline for
our next
edition is
Monday,
June 30th, at
12:00 noon...

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Local youths part of Mexican mission trip



VICKI ST. DENNIS, RACHEL BAILEY, AND LINDA ECKERT were three members of the senior youth group from the First Baptist Church of Agawam who travelled recently to Mexicali, Mexico. Their visit was a mission trip to help with maintenance and construction at a seminary. During their trip, the First Baptist representatives met with a Mexicali youth group and attended services at a Mexican Baptist Church.

"Treasures of the Nile" for youngsters at United Methodist

Children age five through the sixth grade are invited to participate in "Treasures of the Nile ... On an Expedition to Jesus" at the Agawam United Methodist Church/Korean American Church of New England, 459 Mill Street, Feeding Hills.

Join in the caravan from August 4th through August 8th between 9:30 a.m. and 2:30 p.m.

For further information about this program and how to register, please call 786-4174.

HANDY REFERENCE LIST OF EMERGENCY PHONE NUMBERS:

When in sorrow.....call John 14
When people fail you.....call Psalm 27
When you have sinned.....call Psalm 51
When you worry.....call Matthew 6:19-34
When you are in danger.....call Psalm 91
When God seems far away.....call Psalm 139
When your faith needs stirring.....call Hebrews 11
When you are lonely and fearful.....call Psalm 23
When you grow bitter and critical.....call I Corinthians 13
When you feel down and out.....call Romans 8:31
When you want peace and rest.....call Matthew 11:25-30
When the world seems bigger than God.....call Psalm 90
When you want Christian assurance.....call Romans 8:1-30
When you leave home for labor or travel.....call Psalm 121
When your prayers grow narrow or selfish.....call Psalm 67
When you want courage for a task.....call Joshua 1
When you think of investments and returns.....call Mark 10
If you are depressed.....call Psalm 27
If your pocketbook is empty.....call Psalm 37
If you are losing confidence in people.....call I Corinthians 13
If people seem unkind.....call John 15
If discouraged about your work.....call Psalm 126
If self pride/greatness takes hold.....call Psalm 19
If you want to be fruitful.....call John 15
For understanding of Christianity.....call II Corinthians 5:15-19
For a great invention/opportunity.....call Isaiah 55
For how to get along with other people.....call Romans 12
For the secret to happiness.....call Colossians 3:12-17

ALTERNATE NUMBERS:

For dealing with fear.....call Psalm 347
For security.....call Psalm 121:3
For assurance.....call Mark 8:35
For reassurance.....call Psalm 145:18

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Reflections...

Rev. Peter Monahan

In association with
Agawam Church of the Bible
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Enough to go around

These days, we can hardly turn on a news broadcast and not hear at least one story about the budget crisis in the state or local governments. Sometimes, we'll get two or three stories in one news show. It can get pretty discouraging to see report after report that there are not enough resources to go around. It doesn't seem to matter where we live; we're all in the same boat.

The state and local budget woes can tend to focus our attention on money problems. But people's needs go far beyond simply being short a few bucks. Our needs can arise in any area of life. Sometimes our needs are material. Sometimes they're spiritual. Sometimes they're emotional or physical. Sometimes our needs touch more than one aspect of our lives.

Whatever needs we have, whether from only one or several categories of our lives, God is not short on resources. With God, there is always enough to go around! There is a story in the Bible about one time when Jesus encountered a couple of people at the same time, each with their own overwhelming need. It must have felt to them like they were competing for scarce resources, but because they had turned to Jesus, they found out that there was enough to go around.

When Jesus had again crossed over by boat to the other side of the lake, a large crowd gathered around Him while He was by the lake. Then one of the synagogue rulers, named Jairus, came there. Seeing Jesus, he fell at His feet and pleaded earnestly with Him, "My little daughter is dying. Please come and put Your hands on her so that she will be healed and live."

So Jesus went with him. A large crowd followed and pressed around Him. And a woman was there who had been subject to bleeding for twelve years. She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better she grew worse. When she heard about Jesus, she came up behind Him in the crowd and touched His cloak, because she thought, "If I just touch His clothes, I will be healed."

Immediately her bleeding stopped and she felt in her body that she was freed from her suffering. At once Jesus realized that power had gone out from Him. He turned around in the crowd and asked, "Who touched My clothes?" "You see the people crowding against You," His disciples answered, "and yet You can ask, 'Who touched

Me?'"

But Jesus kept looking around to see who had done it. Then the woman, knowing what had happened to her, came and fell at His feet and, trembling with fear, told Him the whole truth. He said to her, "Your faith has healed you. Go in peace and be freed from your suffering."

While Jesus was still speaking, some men came from the house of Jairus, the synagogue ruler. "Your daughter is dead," they said. "Why bother the teacher any more?" Ignoring what they said, Jesus told the synagogue ruler, "Don't be afraid; just believe." When they came to the home of the synagogue ruler, Jesus saw a commotion, with people crying and wailing loudly.

He went in and said to them, "Why all this commotion and wailing? The child is not dead but asleep." But they laughed at Him. After He put them all out, He took the child's father and mother and went in where the child was. He took her by the hand and said to her, "Talitha koum!" (which means, "Little girl, I say to you, get up!") Immediately the girl stood up and walked around (she was twelve years old). At this they were completely astonished. He gave strict orders not to let anyone know about this, and told them to give her something to eat.

The two people in this story each needed a miracle. Miracles, by definition, do not happen very often. However, God is not limited to only working in miraculous ways. While there are rare times when we need a miracle, it seems that most often God is pleased to work through people.

Perhaps God's thought is that He wants to give people the opportunity to be part of His blessing. Jesus once said, *"It is more blessed to give than to receive."* People do not have to have abundant resources in order to be God's instrument of blessing to each other. All we need is a willing heart.

Referring to a church in Macedonia, the Bible says *out of the most severe trial, their overflowing joy and their extreme poverty welled up in rich generosity. For I testify that they gave as much as they were able, and even beyond their ability. Entirely on their own, they urgently pleaded with us for the privilege of sharing in this service to the saints.*

Whichever way God chooses to provide for His people's needs, with God, there is always enough to go around. The Bible promises those who trust in God that we can count on Him. *And my God will meet all your needs according to His glorious riches in Christ Jesus.*

Agawam Church of the Bible news & notes

* Sunday Mornings:

This Sunday (June 29th), our Pastor, Brad Wright, will continue a six-week message series titled "Building Better Relationships," with Sunday's message being "The Fellowship of the Suffering."

Upcoming messages will include "How to Develop Lasting Friendships" (July 6th); "How to Relate Wisely to Others" (July 13th); and "How to Become a More Loving Person" (July 20th).

During every Sunday Service, a nursery and Children's Church program (through the fourth grade) are provided throughout the morning.

Following the 10:00 a.m. Sunday Service (at about 11:00), we have age-divided classes for all children, and coffee and refreshments for adults (followed by an informal discussion of the morning's message).

* Activities:

Our family camping trip to the DAR State Campground will take place on August 22nd.

Additionally, "Promisekeepers" for men and "Women of Faith" for our ladies is coming up, and our Annual Vacation Bible School has been scheduled for July 28th-31st.

Mark your calendars, stay tuned, and don't miss out!

* About ACB:

Agawam Church of the Bible (ACB) meets every Sunday morning at the Agawam Junior High School auditorium (1305 Springfield Street, Feeding Hills) at 10:00 a.m.

We are a non-denominational church emphasizing genuinely loving relationships; Biblical teaching for life change; meaningful and contemporary worship; and the communication of the Gospel to those who don't know Christ. Our worship is decidedly contemporary without neglecting great hymnody from the past.

In our Sunday morning message, we seek to teach the Bible (topically or passage-by-passage) in such a practical way that both the growing believer and the searching guest can benefit from it each and every Sunday. If you don't have a church family that you call home, come give us a try. Maybe you'll find this is the place you belong. Call the church office at (413) 789-2904 or log on at www.agawamchurch.org.

St. David's Church to host "SCUBA" Vacation Bible School

St. David's Church will be hosting "SCUBA," a Vacation Bible School to be held August 11th through August 15th from 9:00 a.m. to 12:00 noon at St. David's, 699 Springfield Street, Feeding Hills.

Children three years-old to those entering sixth grade are invited to join us for the undersea adventure of a lifetime as we spend a week with friends, learning about God!

Old and New Testament bible stories, songs, games, crafts, snacks, and prayers are sure to make a big SPLASH on everyone's lives.

Cost is \$5 per child or \$12 max per family. Registration forms are available at the church.

For more information about this exciting event, please call the church office at (413) 786-6133, Monday through Friday between 9:00 a.m. and 12:00 noon.

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Announcements from Agawam Congregational

Agawam Congregational Church (745 Main Street) where the Holy Spirit is alive, uniting people with Christ through transforming ministries, vibrant worship, diligent study, and warm fellowship.

SUMMER SERVICE HOURS

PLEASE NOTE, WE NOW HAVE **ONE SERVICE** AT 9:30 A.M. WITH BOTH TRADITIONAL AND CONTEMPORARY STYLE. There will be a Children's Message and Summer Sunday School. **The Nursery will be open during our Sunday service. We have Summer Church School at 9:30 a.m. on Sunday mornings.** The Church office hours are now 8:30 a.m. to 12:30 p.m. for the summer.

This Sunday, Reverend Earl will preach the topic "Men & Women Changed By Jesus." His sermon will focus on "A Friend In High Places." Music will be provided by Jeremy Boettcher, our guest organist.

The church office will be closed on July 4th for the holiday.

We congratulate Mr. & Mrs. Robert Robitaille, who were joined in Marriage on Saturday, June 21, 2003. We congratulate Mr. & Mrs. Marc Turgeon, who will be joined in Marriage on Saturday, June 28, 2003.

Next Sunday, **July 6th**, is **INDEPENDENCE SUNDAY**. We will be observing with patriotic music and hymns and a message for our country with prayers for our country and the world community. The theme will be "America's Greatest Challenge."

THIS WEEK'S EVENTS

Sun. (6/29): 9:30 a.m., Morning Worship Service

Wed.: 6:00 p.m., Praise Band

Friday: OFFICE CLOSED FOR HOLIDAY

WE ARE ON THE WEB

Check us out at www.agawamcongregation-church.com. E-mail and say hello. A special thank you to Bob Schwein for his hard work and talents.

FUTURE EVENTS

Christian Healing Ministry: The next Order of St. Luke Healing Service will take place on Sunday, July 13th, at 4:00 p.m. at the church. Our speaker will be the Reverend Doctor Earl Bergman. Reverend Earl is Pastor of the Union Church in Springfield and a Counselor at Interfaith Chapel at Westfield State College. He has his doctorate degree in Pastoral Counseling. He will share with us his and his son's own personal testimony of healing and the faith it brought to him.

On **October 25, 2003**, our church will join with the Mass. Conference of the United Church of Christ and will be celebrating "Amistad" at Fan Pier in Boston. Tickets are available. Please fill out the form and return it to the church office as soon as possible. Thank you.

Come and be blessed at either service as the Holy Spirit refreshes your soul. There is Church School and childcare available during the service. Also, following the service there is a fellowship hour in Bryan Hall. Pastor Earl and his wife, Barbara, are also members of the Order of St. Luke and are always available for prayer after the service.

Members of the community are invited to participate in all church events. For further information, please call the church office at 786-7111. Office hours are Monday through Friday, 9:00 to 11:30 a.m. and 1:30 to 3:00 p.m.

If you visit the Advertiser News' office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...

"What's happening?" at Faith Bible Church

Who Are We? We are a non-denominational church dedicated to honoring God by teaching, preaching, and implementing Biblical doctrine toward maturing the saints in service to our Lord and Savior. If you are looking for a place to worship the Lord, please visit us. All visitors are welcome.

Where Are We? We are a growing church located at 370 Shoemaker Lane in Agawam. Call 786-1681 for further information.

What We Have To Offer You:

Sunday School: Adult Sunday School is held every Sunday morning at 9:30 a.m.

Church Service: Sunday services are held at 8:30 a.m. and 10:30 a.m. This week's message at the 10:30 a.m. service will be delivered by Senior Pastor James Jasmin.

Children's Church: Junior Church is held at 10:30 a.m. in the Wilma Powers Chapel for children through the eighth grade.

Nursery: Infant nursery is provided for the 10:30 a.m. church service.

Communion: Communion is served on the first Sunday of the month.

A Class On The "End Times," Taught By Pastor Jasmin: Mondays - 6:30 p.m. Pastor Jasmin teaches a class on the "Footsteps of the Messiah." This is a class based on the "End Times."

Mid-Week Worship Service: On Wednesday evening, we hold a prayer service at 6:30 p.m., and a praise and worship service at 7:00 p.m. This is a joyous time of worshipping the Lord through song.

Mid-Week Bible Study: Wednesdays at 12:00 noon at the Bamboo House in Springfield. Call 786-1681 for details or directions.

Men's Breakfast: Every first Saturday of the month. Join us for prayer, fellowship, food, and study.

Women's Bible Study Brunch: Every third Saturday of the month. We have a time of fellowship,

food, and study. Hope you will join us.

Springfield Rescue Mission Service: Every second Monday of the Month, 7:00 p.m. Ministry, presented by Mr. Larry Freeman, at the Springfield Rescue Mission, located at 19 Bliss Street in Springfield.

Nursing Home Ministry: Every other Saturday at 10:30 a.m., our team leaves Faith Bible Church to visit Heritage Woods. Please contact Mr. Roger Eaton at 786-1681 for more information and exact dates.

Beginners Sign Language Class: Beginning July 10th through August 28th, we will be offering, free of charge, an eight-week Beginner's Sign Language Class on Thursday evenings from 6:30-7:30 p.m. Please contact church office for registration information.

June 30th: Be our guests to receive free coffee with your meal, at the Parthenon Restaurant, 835 Suffield St., Agawam.

July 6th: There will be only one service at 10:30 a.m. After service, join us for a picnic on the church grounds to celebrate our country's independence.

WE WOULD LIKE TO THANK THE OWNERS OF M&M'S RESTAURANT, LOCATED AT 1409 SUFFIELD ST., AGAWAM, FOR DONATING COFFEE SERVICE TO THEIR CUSTOMERS IN OUR NAME, FAITH BIBLE CHURCH.

To get more information and details regarding any of our services, classes, or ministries, please call the church office at 786-1681. We will be glad to answer your questions.

We look forward to serving you throughout our community!

Faith Bible Church would like to stand in support for President Bush and also for our troops overseas. We thank God for the men and women who put their lives on the line so that we can live in freedom in the Home of the Brave and the Land of the Free!!!



Our classified ads cost just \$15 per week for 30 words or less. However, we **DO NOT** take them over the telephone. Please bring them to our office at 23 Southwick Street, Feeding Hills Center (above Remillard Insurance Agency), or mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030....

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The "Good News" from First Baptist Church of Agawam

The First Baptist Church of Agawam is located at 760 Main Street. Our telephone number is 786-7300. The church office is open from 9:00 a.m. to 12:00 noon on Monday, Tuesday, Thursday, and Friday.

We invite you to come and join us at the First Baptist Church of Agawam on Sunday, June 29th, at 9:30 a.m. for our morning worship service. Pastor Thomas N. Rice will lead the service. Caitlin Heer will give the Call to Worship and Responsive Reading for this morning.

Following the Children's Story, we will have Scripture readings from John, Chapter 20, verses 11-18. Following the Scripture readings, Rev. Rice will give his sermon, title "Garden of Delights."

Children of all ages are invited and encouraged to attend the worship service with adults. Following the Children's Story, the younger children are encouraged to go to the Nursery for a fun time making crafts, playing with games and toys, and being around other children. Nursery care is available from 9:30 a.m. to 12:00 noon.

Visitors are encouraged to stay after the service for coffee and conversation in Davis Hall. Following this time of fellowship, we offer Sunday School classes for adults and children. The Sunday School classes are for children who are in preschool all the way through and up to adults.

Following the coffee hour, an Adult Forum/Sermon Talkback is available to any interested adults, as well as an Adult Bible Study class which is held in the Upper Room.

In addition, three Adult Bible Study Groups are being offered during the week. They will offer an opportunity for beginners and those who know a bit about the Bible and our Christian faith to grow in understanding. If you have any questions about these groups and/or the time(s) they are held, please speak to Pastor Tom Rice or call the church office at 786-7300. (No questions are ever out of place.)

COMING EVENTS

* **Sunday, June 29th:** Worship service begins at 9:30 a.m. in the Sanctuary; Junior Youth Group meets at 12:00 noon.

* **Tuesday, July 1st:** Senior Youth Group meeting begins at 7:00 p.m.

* **Wednesday, July 2nd:** Morning Prayer and Study Time starts at 7:00 a.m.

* **Thursday, July 3rd:** No choir rehearsal during the summer months.

*Presented to
Lois S. Midowski
from her loving husband
"55th Anniversary"*

*In recognition of 55 yrs. devotion and
loyalty to husband and family. In
exercising superior judgement in patience
and perseverance with the trials and
tribulation which was imposed upon her
when she said "I Do" 55 yrs. ago -
June 26, 1948.
Love, Julian*



Activities and events at St. John the Evangelist Church

* Loaves and Fishes:

The Knights of Columbus serve a meal at Loaves and Fishes on the first Tuesday of each month. They need help with donations of beans and franks, and also monetary donations.

The food can be brought to the Parish Center anytime and placed in the kitchen. They are also in need of volunteers to prepare the food and serve the meals.

If you would like volunteer, call Gerry, 786-2884.

* Christmas Bazaar:

There is a great need for chairpersons for the snack bar, Christmas decorations, the needle 'n thread booth, and helpers on any of the booths. Call Paula Raiche, 789-0244, if you can help.

* St. John's Over 60 Club:

The group will be attending the ballet "Swan Lake" on Thursday, July 17th, in Saratoga Springs, NY. The cost is \$64, and all are welcome to join us.

There are a few seats still available, and the deadline for reservations is July 1st. Call Lil, 786-9586.

* Parish Picnic:

The Parish Picnic will be coming up sometime in August; however, no date has yet been set.

If you would like to volunteer your time and talents, please call the rectory during office hours and leave your name, phone number, and what you would like to do to help with the games, cook, or work on prizes.

* Kindergarten Openings:

At Our Lady of Hope School in Springfield. Call 734-4125 weekdays between 8:00 a.m. and 2:00 p.m. to schedule a visit.

* Girls' Summer Basketball Camp:

July 21st-25th at the Greek Cultural Center and Monsignor Devine CYO Center, 8:00 a.m. to 4:00 p.m. For further information, call 733-2965.

* Attention, Exercisers:

Due to construction activity, the Exercise Room will be closed until around June 30th. We are sorry for the inconvenience and will strive to have the room reopened as soon as possible.

* St. Joseph's 7th Annual Polka Festival:

This event will be held at the Lion's Pavilion in Hatfield, MA on June 28th. Dancing will be held from 6:00 p.m. to 12:00 midnight, featuring The Polka Family.

Admission and chicken BBQ (4:30 to 7:00 p.m.) is \$15; general admission is \$7. For tickets, call 247-5543 or 247-5284.

* Pilgrimage To The Shrines Of Canada:

Reservations are now being taken for a bus pilgrimage to the shrines of Canada. This is a five-day pilgrimage beginning on August 18th and ending on August 22nd.

We will visit the shrines of St. Anne de Beaupre, St. Joaquim, Our Lady of the Cape, St. Joseph's Oratory, the tomb of Blessed Kateri Tekakwitha, St. Patrick's Basilica, and Notre Dame of Montreal.

The cost for the five days is \$467 (\$100 single supplement), which includes the bus, all hotels, and nine meals. There is limited seating, so it is important that you make reservations soon.

For reservations, call Our Lady of Czestochowa Church in Turners Falls, MA, 1-413-863-4748.

* Medjugorje Pilgrimage Planned:

The Blessed Sacrament Church, St. Pio Prayer Group, is planning a pilgrimage to Bosnia, Herzegovina to a little hamlet in the hillside called Medjugorje.

The dates are October 7-15, 2003. If interested in joining the pilgrimage, please call (413) 397-9803 (direct inquiries to Annette).

* New Schedule Of Masses:

This schedule does not become effective until January 2004.

Christian healing ministry slated at Ag. Congregational

A Christian healing ministry - "A Personal Testimony of Healing" - will take place at the Agawam Congregational Church, 745 Main Street, on Sunday afternoon, July 13th, beginning at 4:00 p.m. This ministry is being sponsored by the Western Massachusetts Greater Springfield Chapter of the Order of St. Luke. Music will be provided by Tracy Nawskon.

The service will include praise and worship, teaching, and healing prayer (which includes anointing and the laying on of hands for healing). This will be followed by refreshments with a "literature table."

The speaker will be the Reverend Doctor Earl Bergman. Reverend Earl is pastor of Union Church in Springfield. He is also a pastor for Hope Counseling Center; a counselor at the Interfaith Chapel at Westfield State College; and has a doctorate degree in pastoral counseling.

Pastor Earl will share with us his and his son's own personal testimony of healing and the faith it brought to him.

For further information, please call the Agawam Congregational Church at 786-7111.

Valley Community Church welcomes one and all

Are you new to our community and searching for a place of worship? Are you in need of some spiritual guidance; lonely for the company of good people who believe as you do; dissatisfied with the way you presently worship and serve God?

Our Sanctuary is located at 152 South Westfield Street in Feeding Hills, high atop a high overlooking a panoramic view of God's blessings. We are a non-denominational church accepting people of the Christian faith who have or are looking to accept Christ as their personal Savior.

We welcome all to attend our Sunday worship service at 9:30 a.m. and hear the Lord's Word and the message of His servant, Pastor Stephen Dennehy.

Our Sunday School is held during the church service, and a nursery is also available. A visit may be all you need to realize the importance of God's presence in your life.

If you would like more information on our church and its services and activities, please call the office at (413) 786-2445.

A warm invitation from Agawam United Methodist

The Agawam United Methodist Church is located across from the Agawam High School since its Consecration in 1966. Although we are a small church, we are striving for growth.

If you are a newcomer to Agawam or are not presently affiliated with a church, we invite you to join us at our Sunday services at 9:30 a.m., followed with fellowship and refreshments.

Our service this Sunday, June 29th, will be conducted by Elliott Griffiths, Certified Lay Speaker, whose message will be "WALKING IN THE LANDS."

Plans for being made for a Children's Vacation Bible School, August 4th-8th, for ages five through the sixth grade. A Tag Sale is being planned for a time during the summer.

Remember, if you need a place of worship, we need you!

If you have any questions, call (413) 786-4174, leave a message, and we will return your call.



Spotlight On Business

Free for Life Checking...

United Cooperative introduces "No Fine Print" campaign

United Cooperative Bank is introducing significant changes to its **Free for Life Checking** program with a "No Fine Print" campaign, unveiled this week.

In addition to the free services, which are integral to the **Free for Life Checking** product - free checking, ATM transactions, debit card, and online banking - United now offers **free online bill payment and free standard checks** (or a \$5 discount on custom checks).

The changes to the checking package are the result of a series of focus groups in which customers revealed mistrust of financial services advertising offering products with a lot of fine print at the bottom of the ads.

"United's **Free for Life Checking** account is now completely free of fine prints and asterisks warning of conditions like minimum balance requirements. Our customers told us they want straightforward advertising with no fine print, so we have given them that and added free online bill payment and free standard checks, not just the first order of checks," reports United President and CEO Dick Collins.

Existing components of the **Free for Life Checking** account include free ATMs, which means that customers are not charged by United for using ATMs owned by other financial institutions or private companies, a free debit card with no annual fee and no transaction fees, as well as free online banking.

According to Collins, the "No Fine Print" campaign to support the enhanced **Free for Life Checking** product will consist of television, radio, print advertising, and direct mail.



JACK BRIGGS AND SALLY FULLER of United Cooperative Bank attended the Agawam Small Business Assistance Center's one-year anniversary celebration, which took place at the Center on Thursday, June 18th. United Cooperative Bank has 11 full-service branches, including one in Feeding Hills Center. Advertiser News photo by Kathy Shepard.

ing, and direct mail.

United Cooperative Bank, headquartered in West Springfield, has 11 full-service branches in West Springfield, Springfield, Holyoke, Huntington, Longmeadow, Feeding Hills, and Westfield. The bank has assets of \$680,000,000.

Toastmasters meet at Country Estates

Are you fearful of speaking in public? Are you looking to improve your "presentation skills"?

If you've answered "yes" to either or both of these questions, then Toastmasters is for you.

Meeting are held on the second and fourth Thursdays of every month at Country Estates Nursing Home, 1200 Suffield Street, Agawam.

For further information about Toastmasters, call Don Prisby at 789-1136.

Our "Spotlight On Business" is just one more reason why you turn our pages each and every week ... ADVERTISER NEWS!!!

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Shopping for the energy-efficient home...

We all want the most for our money. An energy-efficient home can help. But, what does that mean? When shopping for a new home, what do you look for?

There are many aspects to energy efficiency, beginning with insulation and storm windows, right on to solar panels. Anything that helps contribute to lower utility bills is a plus.

The first thought for most people when looking for energy efficiency is insulation - and with good reason. It keeps cool air in during the summer and cold air out during the winter, making our homes much more comfortable. The walls should have insulation and air infiltration barriers. In non-living spaces, like an unheated garage or crawl space, insulated ducts help retain warmth or coolness.

Great, now how does it work? Insulation reduces the rate of heat transfer from areas of high temperatures to areas of low temperatures. Insulation keeps all your cozy, warm air from escaping to the frigid outdoors, and keeps summer heat and humidity at bay.

Insulation helps keep you comfortable, lowers noise levels, reduces the size of heating and cooling equipment, and helps minimize the energy usage and cost. This is called "thermal resistance" and is referred to as the R-value. The higher the R-value, the longer it takes for heat to move through the insulating material.

R-19 is the minimum ceiling insulation for all areas, while R-11 is the minimum for outside walls. If in doubt, check with the building department. They can advise you on the R-value that will work best.

It's important that insulation be the proper type for maximum efficiency. It not only needs to have adequate thermal resistance for the location, but it needs to be properly installed. Most building codes specify requirements for minimum insulation and guidelines for installation that acknowledge manufacturer recommendations.

With the energy crisis of the 1970s came a new

SEE PAM SAVIOLI - Page 20

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Timely Tips On How To Manage Your Finances

by Sue Alvanos
Financial Advisor

American Express Financial Advisors Inc.
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Agawam - (413) 821-9380

Bankruptcy as a last resort

(Part 1 of 2)

With historically high levels of consumer debt and many companies in financial distress, the number of bankruptcy filings continues to break records. According to the American Bankruptcy Institute, there were approximately 1.5 million bankruptcies in 2002, up almost six percent from 2001.

Personal bankruptcy filings accounted for 96.7 percent of this figure. Although bankruptcy may seem like the only option for those with extensive debt, the disadvantages often outweigh the benefits, making bankruptcy a last resort.

Types of Bankruptcy

Chapter 7:

* Most debts are eliminated, but the filer must liquidate personal assets to help pay debt down. Some assets are exempt if deemed necessary to support the filer and dependents.

* Generally, a percentage of home equity and disability benefits are exempt.

* Filers can keep any money or property they obtain after filing.

* Can be filed once every six years.

Chapter 13:

* Filers must set up a debt repayment plan in exchange for keeping personal assets.

* Reduced debt is possible, but payments to creditors must equal the minimum that would have been paid under Chapter 7.

* Filers must have steady income, unsecured debts (including credit cards) of less than \$250,000 and secured debts (including mortgages) of less than \$750,000.

* There are no limits on the number of Chapter 13 filings that can be made.

Certain debts are not erased under either bankruptcy filing, including alimony, child support, property settlements, criminal judgments and fines, student loans and most taxes. In addition, a bankruptcy filing will not allow you to keep property that secures a loan, such as an automobile or home, unless you repay the loan.

In addition, in March 2001, Congress passed legislation that would make sweeping changes to bankruptcy law, making it more difficult to qualify for bankruptcy. The proposed legislation would prohibit some people from filing for bankruptcy, add to the list of debts that people cannot eliminate; make it more difficult to create manageable repayment plans and limit debtors' protection from collection agencies.

Drawbacks to Bankruptcy

Declaring bankruptcy has many repercussions that can affect nearly every aspect of your financial life. Some of the major drawbacks are:

* **Credit card companies may reject you.** Chapter 7 bankruptcy appears on your credit report for 10 years, and Chapter 13 bankruptcy lasts for seven years. With bankruptcy on your credit report, you may only be able to obtain a secured credit card.

This requires a security deposit equal to the amount of credit initially granted. Fees for these cards are generally higher than for unsecured cards, and issuers may charge an application fee.

* **Loans are more difficult to acquire.** Only a handful of lenders may approve you for mortgage and car loans after bankruptcy. Acquiring a loan or mortgage may require an initial down payment of as much as 50 percent, and you may need to accept interest rates up to five percent higher than people with clean credit histories.

* **Your retirement may be at risk.** Qualified retirement accounts, such as 401(k)s, are protected in all bankruptcy filings, but personal accounts, such as IRAs, may not be. The laws of the state where you file will determine whether your IRA assets are protected.

Federal law requires that only those assets needed to support a filer and dependents are exempted, so you may only be able to keep a portion of an IRA.

(Continued next week...)

Legal Memo

by

Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454



Estate planning Estate taxes

On July 25, 2002, Massachusetts enacted a new law entitled "An Act Enhancing State Revenues" (the "Massachusetts Act") creating a new estate tax for Massachusetts residents and residents of other states owning property in the Commonwealth who die on or after January 1, 2003.

The Massachusetts threshold will begin at \$700,000.00 instead of the federal exemption of \$1 million. As a result, under the Massachusetts Act, a tax will be due and payable to Massachusetts where the decedent's taxable estate exceeds \$700,000.00 even though no federal estate tax would be due unless the estate exceeded \$1 million.

Another important feature is how the Massachusetts Act interacts with the Massachusetts estate tax lien statute. The statute provides that for dates of death on or after January 1, 1997, an affidavit of the executor, or the person in actual or constructive possession of the property under certain circumstances, recorded in the appropriate Registry of Deeds and stating that the gross estate of the decedent does not necessitate a federal estate tax filing releases the gross estate of the Massachusetts estate tax lien. G.L.c.65C, Sects. 6(a) and 14.

Under the Massachusetts Act, an estate tax will now be due to Massachusetts (and some type of Massachusetts estate tax return will be required to be filed) even if no federal estate tax return is required to be filed.

For example, on a \$1 million estate, a \$33,200 estate tax would be payable to the Commonwealth. When the federal exemption increases to \$3.5 million in the year 2009, the liability to the Commonwealth will be \$229, 200.00, thereby creating significant exposure to conveyancers under the lien statute.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

Happy Sweet "16" "Coley"



Love,
Mom & Dad

PAM SAVIOLI - from Page 19

emphasis on insulation. Homes built before that time may have had minimal insulation, and anything constructed before the 1940s may have had none at all.

Most older buildings have been retrofitted to lower heating and cooling costs. If the home you're interested in purchasing is an older one, ask about the insulation.

You'll get the greatest benefit from insulation in the first two or three inches. Great amounts help but after the initial three inches or so, the payback begins to decline. It's not effective to pack six inches of insulation into a three-inch space, either. Because of the compaction, there is a greater heat loss through conduction than if the three inches of insulation were allowed to consume the three-inch space.

Insulation in walls and floors is not readily apparent, and you'll probably need the building inspector to verify it for you. It is important that there be adequate insulation in the ceiling above heated and cooled

spaces, and in the walls adjacent to unconditioned spaces. Walls in heated basements should be insulated, and the floors above unheated crawl spaces, basements, and garages. If the home is set on a slab, the edges should be insulated.

Ductwork and pipes in unconditioned spaces must be insulated to avoid freezing pipes. An all-electric house requires plenty of extra insulation to keep utility bills within reason.

In homes without central air, room air conditioners should have a high energy-efficiency ratio of 9 or better. A window unit with a rating of 7 could cost substantially more to run for one summer.

Whatever their rating, multiple air conditioning units throughout a house can make for higher electricity bills. So, central air usually makes better sense economically.

Pam Savioli is a full-time professional Realtor with over 17 years of experience. Call Pam at (413) 748-7565 with any real estate questions you might have.

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For Your Health

Dr. Michael Haynes celebrates 25 years in practice

by Kathy Shepard
Feature Editor

The atmosphere at 850 Springfield Street, Feeding Hills, where Dr. Michael Haynes is celebrating his 25th year in practice as a podiatrist, is relaxed, warm, and welcoming.

Dr. Haynes' wife, Exie, and Tammy Leal-Antico greet visitors, inviting them to be seated in the comfortable waiting area that is more like a living room, and Dr. Haynes usually joins in the welcoming process after finishing with another patient.

Dr. Haynes' podiatry practice has been located at 850 Springfield Street for about three years. Prior to that, he practiced in Feeding Hills Center for 22 years. The office provides podiatry services for three full days in the office from 9:00 a.m.-5:00 p.m.

Chiefly, Dr. Haynes treats ingrown toenails, which can be extremely painful; infections, for example due to diabetic infections; ulceration, from pressure or poor circulation; heel pain, from heel spurs or plantar fasciitis; and a myriad of problems caused by poorly-fitting shoes, such as corns or calluses.

"We work a lot with HMOs," Dr. Haynes told us. "Often, we manage to find time at the end of the day for serious problems or for new patients," he added.

"We see so many situations here. Right here in the office, we can x-ray a toenail that has been ripped off or a stubbed toe. We have the equipment to take care of a variety of problems related to feet."

People take their feet for granted until they have an injury or a problem, he noted. One of the biggest medical problems seen by Dr. Haynes is gout.

"This is a condition with red, hot, painful feet, with excruciating pain focused in one toe, usually caused by excess uric acid, and usually secondary to problems with water pills or diet. We treat this with medicine, knock out the pain, and order a workup, sending the patient to a lab for blood tests or to their primary doctor.

"We can stop the attack with medication," he continued. "Other problems we see here are back, hip, or



DR. MICHAEL HAYNES (left) is pictured above with his staff - Tammy Leal-Antico (center) and Exie Haynes (right), the doctor's wife. Advertiser News photo by Kathy Shepard.

knee problems secondary to foot or ankle trouble. If feet are not positioned correctly or if the patient walks with too much strain on some part of the foot, this will in turn affect knees and hips. That's why it is so important to maintain correct foot posture and foot health."

Geriatric shoes should be good, laced, wedged, solid walking shoes to avoid trips and falls and to support the patient properly, according to Dr. Haynes.

"If you're diabetic and have foot problems, Medicare will pay for a pair of therapeutic shoes once a year, with a doctor's prescription. Medicare actually wants to *prevent problems* for diabetics and people with poor circulation because, so often, a foot or leg has to be amputated if problems are not prevented," he said.

"We do in-office surgeries, mostly for HMOs," he added.

Even as Dr. Haynes makes troubled feet turn pretty and strong, his wife, Exie, and her daughters, Krista and Jeannie Miller, offer a line of pocketbooks and jewelry for those patients interested in special adornment.

our friends. These are designer look-alike handbags and fashion bags.

"We can show evening bags, sterling silver jewelry, boutique jewelry, and many other items that make perfect gifts for bridal showers, weddings, and parties. The bracelets, clip earrings, anklets, toe rings, necklaces, and pins make ideal graduation gifts, too."

These items are on display at the office and Mrs. Haynes can set aside appointments for pocketbook parties or to see the entire line. "Usually, these appointments would be in the evening," she said.

"Ladies have often come into this office and mentioned that they think their feet are ugly. After Dr. Haynes has treated nail problems, calluses, or other foot problems, our jewelry can help make the feet pretty, with toe rings or anklets," Mrs. Haynes pointed out.

The prices for the jewelry and evening bags start from \$5 and up.

"We even have look-alike Louis Vuitton rainbow bags costing hundreds of dollars less than the real ones. The real ones were shown in *People Magazine* for over \$1,000 per bag. We have sold look alikes for \$220," Mrs. Haynes said.

So, for a completely relaxing and therapeutic con-

SEE DR. HAYNES - Page 23



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"We found some shops in New York City with great prices," Mrs. Haynes told us. "We wanted to pass it on and share it with

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Your Back And Your Health

by
Dr. Joseph S. Schlaffer
Schlaffer Chiropractic Offices
192 Shoemaker Lane
Agawam

Preventing back pain...

The key to preventing low back strain is to develop a balance of the muscular forces on the low back. Muscles pull on the spinal column at their points of attachment or points of origin or insertion.

Four major muscle groups affect the lower or lumbar spine. They are ... 1) the back extensors - the muscles of the lower back, 2) the hamstrings or posterior thigh muscles, which are found at the back of your thigh, 3) the quadracep muscles or hip flexors in the front of the thigh, and 4) the abdominals.

All four of these muscle groups act together and must balance each other so that the stress to the lower back is at a minimum.

To strengthen the abdominals, a wide variety of exercise equipment is available today. It is important to avoid repeated full flexion and extension of the lum-

bar spine or full bending at the waist to prevent mechanical stress to the discs of the spine during any abdominal strengthening program. Quarter sit-ups with the knees bent are adequate. Gently lift your shoulder blades from the floor. Cross your arms on your chest to avoid strain to the neck.

Strengthen your back extensors by doing chest lifts. Lie on your stomach with your arms at your sides. Keeping your legs straight, slowly lift your chest slightly off the floor without using your hands. Hold for two or three seconds. Do three sets of 10 repetitions.

Strengthen and stretch hamstrings by lying flat on your back and grasping one thigh with your knee bent. Pull your thigh to your chest. Slowly straighten your knee by extending your lower leg. Push your foot in the direction of your head. The tension in the muscles behind your thigh increases. Hold this tension for a count of 10. Relax. Repeat this three times for each leg.

Tighten your hip flexors or quads by performing half-squats or lunges. As your strength increases, you may add light hand weights to your routine.

Good posture is important. Be aware of your posture while sitting and standing.

If lower back pains continue or pain radiates down your legs, contact the Schlaffer Chiropractic Office, 192 Shoemaker Lane, at 789-1369.

A fish could save your life

by Suellen Duga - Choice Health, Westfield - 568-8333

High blood pressure directly kills over 50,000 people in the United States each year. Another 200,000-plus die because of the complications of high blood pressure. So, what does a fish have to do with all of this? Certain proteins, called peptides, derived from the muscle of the bonito fish can help to naturally lower blood pressure. These proteins are called Anti-ACE Peptides.

Your body produces something called angiotensin converting enzyme. This enzyme makes angiotensin increase fluid volume in your blood vessels, but it also constricts them at the same time. This spells trouble. You know what happens when you pinch a garden hose, then turn on the water full blast?

Something has to give. Anti-ACE Peptides stop this process. Anti-ACE Peptides from the bonito fish exert the strongest action against these harmful angiotensin converting enzymes obtained from any natural sources.

Then, of course, there are always the drugs. Chances are if you have had high blood pressure in the past, you were given diuretics and a class of drugs called beta blockers. Beta blockers block the effects of adrenaline on certain receptors that regulate your heartbeat and help relax smooth muscle tissue.

Now, ACE inhibitors are emerging as the drug of choice because they appear to actually reduce the risk of having a heart attack. However, they do not have any effect on reducing the risk of stroke.

The downside to this new class of drugs can be dry nighttime cough, dizziness, and headache. ACE-inhibiting drugs can also cause potassium build-up and kidney problems, so constant trips to the doctor are a necessity. Another VERY IMPORTANT side effect of ACE inhibition is a possible severe allergic reaction that can be life-threatening. These are some of the more familiar names of the ACE-inhibiting drugs: Lotensin, Capoten, Vasotec, Zestril, Altace.

Why change from the drugs to the natural Anti-ACE Peptides? One reason is that the Anti-ACE Peptides do not appear to produce any side effects? Why doesn't the Anti-ACE Peptides produce side effects? The most probable reason is the way it interacts with the angiotensin enzyme.

Technically speaking, Anti-ACE Peptides are considered a "pro-drug." This means that it is converted in the body to a more active compound with 800-percent greater activity. In clinical trials, the degree of blood pressure reduction was quite significant, typically reducing the systolic by at least 10 mm Hg and the diastolic by 7 mm Hg in people with borderline and mild hypertension. Greater reductions should be seen in people with higher initial blood pressure readings.

If you are interested in the Anti-ACE Peptide product, please come into Choice Health for more information to present to your doctor. Do NOT stop or reduce your present medication without your doctor's knowledge and permission.

For additional information on Anti-ACE Peptides as well as other products, visit our website at www.choicehealth.com.

- ADVERTISER NEWS -

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Fourth of July Fireworks Safety tips from Baystate Medical



As Independence Day approaches, many people are looking forward to Fourth of July festivities, especially fireworks displays.

In Massachusetts, where all consumer fireworks are illegal, families can instead gather together at community parks or organized events to view fireworks displays.

"But those who illegally attempt to capture the excitement of these festivities at home are risking serious injuries, especially to children," noted Mandi Summers, coordinator, Western Massachusetts Safe Kids Coalition headquartered at Baystate Medical Center Children's Hospital. "Each year, their illegal use continues to burn and maim youngsters," she added.

According to the National Council on Fireworks Safety, illegal fireworks continue to be a serious problem. Over 30 percent of the injuries associated with fireworks have typically been caused by illegal explosives or homemade fireworks.

These bright and colorful fireworks are exciting to children, but many do not understand the dangers that go along with handling these potentially dangerous materials.

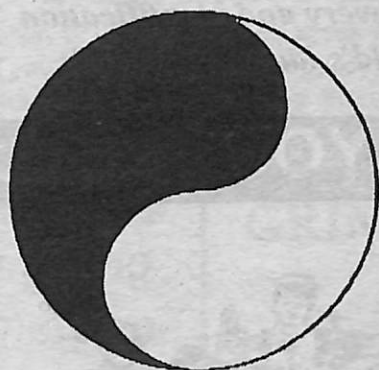
Each year, more than 5,000 children ages 14 and under are treated in emergency rooms for fireworks-related injuries, and children ages 10 to 14 account for most of these incidents. Nearly 75 percent of these injuries occur during the month surrounding the Fourth of July. Sparklers, while often considered the safest type of fireworks, join firecrackers and rockets as those causing the bulk of emergency room-related injuries.

Fireworks-related injuries often require immediate medical attention. Injuries usually involve the hands/fingers, eyes or head and can sometimes result in amputations, blindings, or even death. More than half of fireworks-related injuries involve burns, which can be one of the most painful injuries a child can encounter.

If for any reason a firework accident occurs, remain calm and seek medical attention immediately, regardless of the severity of the injury. Often eyes can be injured in fireworks accidents and it is important to take precautions if this occurs. Do not rub or rinse out the eyes which can cause further damage. Also, avoid putting pressure on the area around the eye. Do not use any kind of aspirin or ibuprofen, which can cause blood thinning and potentially increase any bleeding that is present. Using ointments and medications are not recommended, as they can make the area around the eye slippery and interfere with the doctor's examination.

The Western Massachusetts Safe Kids Coalition and the National SAFE KIDS Campaign remind families that the safest way to enjoy the dazzle of fireworks this year is at a community-sanctioned, licensed event.

Balance Your Life.....



.....With Chiropractic Care!



Dr. Tami Nelson
Hampden County Chiropractic
850 Springfield Street
Feeding Hills, MA 01030
786-4820

Dr. Michael Calabrese

850 Springfield St.

Feeding Hills

413-789-7654

ADA Member Dentist * Fellow A.G.D.





For A Better You...

by Judes Ziemba
Center for Self-Development
83 Industrial Lane
Agawam, MA 01001
789-4511

Regression: Is it real??? (Part 1)

Perhaps you have a habit, a fear or phobia, a reaction or an attitude that creates a problem in your life. It may be that you have no idea why this problem exists or where it comes from. But problems tend to have beginnings, or causes.

Quite often, simply knowing and understanding the cause is, in itself, sufficient to affect a cure. Hypnotic regression can ferret out causes of problems even when the causing event, experience, or trauma has been suppressed, repressed, or forgotten.

In the light of understanding, appropriate hypno-analysis or hypnotherapy can be undertaken to resolve, explain, or otherwise deal with the problem. And hypnosis, by its own nature, is short-term therapy. The treatments do not go on endlessly. Results are often rapid.

A CASE FOR REGRESSION

Recently, a woman entered the office of a hypnotherapist to discuss a development that she did not understand. She had always, as far as she remembered, been affected with sadness when a visitor left her home, but in recent years the feelings had increased.

Not only had the emotional disturbance become greater, it also resulted in tears and severe crying spells which approached the levels of hysteria. This was increasingly embarrassing, for the emotional upsets came when anyone went out the door. It was not limited to loved family members and fears for their safety. It occurred regardless of who departed - the plumber, carpenter, even the pest control serviceman. She felt the situation demanded attention and a friend suggested hypnosis.

While in traditional psychoanalysis the case might have required many months or even years of therapy, the hypnotherapist felt that three sessions could prove adequate. The first session would involve information

gathering in the fully conscious state; familiarization of the client with the nature of hypnosis; and certain tests to provide the practitioner with information important in determining methods and procedures appropriate to the client's personality and belief systems.

The second session was planned to utilize techniques of hypnotic regression, the purpose being to seek out the case or event involved in the initial development of the problem. The therapist felt that something, probably early in life, had occurred which created a psychological imprint which subsequently had been forgotten or had been unrecognized for the effect it could produce. It might have involved parents, teachers, relatives, or siblings. Regression could pull back the covers of the past to reveal the casual factors.

The regression proceeded normally. Since the hypnotherapist had no knowledge of either the age or circumstance involved, the client was simply instructed to go back in time to the year and place where the problem originated. Programmed to view the event as if it were a television show, the client was asked what was going on.

She explained she was sitting on the stairs in her home, halfway down the staircase looking down into the living room. She was three years-old. Her father had died and was lying in the living room. She was called down and instructed to kiss her father goodbye, which she did without reaction.

Well-meaning family members then sought to avoid a situation where, not understanding death, the child would not be constantly expecting her father to return. They explained to her that when her father was taken out through "that door," he would be gone forever and would never return. That, she was told, is what death is. You go out a door and never return.

Bingo! The explanation and the concept of doors were locked subconsciously into the three year-old mind. There was no understanding, simply an authoritative statement that going out the door led to something terrible. Parents, teachers, and others often have no idea that an explanation understandable and well-intended to adults can prove devastating to a child's mind.

Judes Ziemba maintains an office at the Center for Self-Development, 83 Industrial Lane, Agawam, 789-4511.

Heritage Woods offers "SelectCare at the Woods"

Heritage Woods Assisted Living Community is announcing a service called "SelectCare at the Woods," which has replaced Genesis SelectCare.

This new program, exclusively for Residents of Heritage Woods, will allow flexible companion aide or care aide services to supplement the care provided by the Resident Care department.

Additional add-on services available will include escorts, companions, homemaker, and home health services.

Priced affordably, residents will be able to request occasional, short-term, or long-term services to enhance their quality of life and to maintain their highest practicable level of independence.

For more information on "SelectCare at the Woods" or other services at Heritage Woods, please call Maxine Illingsworth, Director of Marketing, at 786-9704.

Heritage Woods is a Genesis ElderCare Community located on the Heritage Hall Campus in Agawam.

For Your Eyes Only

by Aaron Vanderhoof
Licensed Optician
Agawam Opticians
338 Walnut St. Ext.,
Agawam
786-0719



Polarized lenses

Many major manufacturers of good quality, non-prescription sunglasses such as Maui-Jim, Revo, Serengetti, and Bolle use a type of lens called **Polarized**. Polarization is extremely useful for fishermen, drivers, and boaters who really suffer from the bright glare of the sun.

Polarized lenses absorb harmful and annoying glare, unlike non-polarized sun lenses that simply tint the glare. The bright, sharp glare that reflects off the water and cars as you drive can be very dangerous and have caused many accidents over the years.

A polarized lens will also protect the wearer from 100 percent of ultraviolet rays A and B. Generally, polarized lenses come in brown, gray, or rose color tint.

Polarized lenses can also be made to order in almost any prescription, including bifocal and progressive lenses.

Support group sponsored by the NAMI-WM

On the last Monday of each month, a free support group sponsored by the National Alliance for the Mentally Ill of Western Massachusetts is held at the Agawam Council On Aging, 68 Meadowbrook Manor,

from 7:00 to 9:00 p.m.

If you are interested in joining and would like to receive more information about the support group, please contact Lucille Drewnowski at 786-1236.

EARLY DEADLINE: Due to the Fourth of July holiday next week, the deadline for our next edition is Monday, June 30th, at 12:00 noon...



Chiropractic Care

by Dr. Tami Nelson
Chiropractic Physician
Hampden County Chiropractic
850 Springfield St. - Feeding Hills
786-4820

The overlooked injury...

Have you been in an accident lately, maybe a serious one or perhaps one not so serious? If you were in an accident and escaped with only a good shaking-up, a few cuts or bruises, and no broken bones, you may have felt that no other harm could have happened that you could detect and that all was well and you were pretty lucky. Probably you were!

Statistics prove that more accidents happen in the home than any other single place. Perhaps you were in the midst of holiday housecleaning and fell off the chair or ladder, or one of the children fell down the stairs and hurt himself. Many persons involved in accidents, who escape without fractures or serious injuries, never give their bodies another thought.

Many times, one fails to remember that the spinal column must absorb much of the shock from every fall, accident, or strain. In doing so, the jar or jolt might have been such an invasive force that one or more of the spinal segments (bones of the spine) might have gotten "stuck" or "locked up" due to the muscle and ligaments tightening in the region. Meanwhile, our injured person gets up, shrugs his shoulders, and considers himself "lucky" and goes about his work.

Time passes, and months and years go by and the person is not in good health. Symptoms of many varieties may be present. Meanwhile, during all of this time, the bones of the spine - jarred out of position by that accident and restricted in motion - have been exerting pressure on the involved nerves. The tissues and organs which are supplied by these nerves are now not functioning normally. (Proper quality and quantity of nerve impulses are vital for their normal function.)

The body cannot function normally unless the proper motion of the bones of the spine is restored and pressure removed from the nervous system. The body has within itself all the necessary means to maintain health and restore itself to health if sick, but the nervous system must be free from all interference so that control can be maintained and the nerve supply can flow freely from the brain to all organs and tissues.

If you or a family member is sick, look for the cause within. Once the cause is removed, the body can function normally and health can be restored. Have your spine checked for proper function to maintain optimum health.

Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

DR. HAYNES - from Page 21

sultation, a visit to Dr. Michael Haynes, podiatrist, will add comfort and good health to feet and ankles, knees and hips. Patients' feet become prettier through correct medical attention and comfortable, good-fitting shoes. At the same time, jewelry for the toes, hands, necklines, ears, and ankles can be considered.

Twenty-five years in practice have resulted in an office atmosphere that can benefit patients by relieving stress and welcoming people into an environment of comfort, friendship, good health, and a bit of pampering. Who does not need some of that now and then?

Want to keep up on all the latest news in Agawam and Feeding Hills? Then be sure to subscribe to The Agawam Advertiser News! A one-year subscription costs only \$26, so mail your check today to "The Advertiser News," P.O. Box 263, Feeding Hills, MA 01030.



Arts

Agawam artists display work at Public Library



DURING THE MONTH OF JUNE, the Agawam Public Library has been presenting to the public the artwork of the Agawam Community Artists and Artisans. More than 20 area artists have been represented in this exhibit. Pictured at left with Howard Safford (front row), president of the Agawam Community Artists and Artisans, are the following members of the organization: Barbara Cohen, Helene Gates, Joan O'Reilly, Florida Tangocci (art teacher at the Agawam Senior Center), Esther Rosati, Alexandra Walters, Florence Boulterice, Richard Nelson, Alice DeVivo, Gail Bates, and Phyllis Bigda. In right photo: Pat Buoniconti with her watercolor, titled "Ireland Scene" (upper photo). Advertiser News photos by Kathy Shepard.



In left photo: Alice DeVivo's pastel, "Mama Bear w/Cubs," was just one of the artistic endeavors that have been on display this month at the Agawam Public Library. In center photo: "Tiger in the Snow" was created by Richard Nelson. In right photo: "Sunday Sleigh Ride," a watercolor by Gail Bates, brought to mind the snowy winter of 2003. Advertiser News photos by Kathy Shepard.



In left photo: Shirley Pike's watercolor, "The White Church," was just one of the eye-catching creations that library patrons could appreciate during the June exhibit. In right photo: Shirley Lucia is shown standing next to her painting, "Ebb Tide," at the Agawam Public Library. Advertiser News photos by Kathy Shepard.

Last Week's Solution...

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ACROSS

- 1 Thing to scratch
- 5 Theme
- 10 Reckless
- 14 "Queen City" State
- 15 Plaque
- 16 Can do
- 17 Mark on a ship
- 19 Glum
- 20 One of these
- 21 Teen disease
- 22 Ransoms
- 23 Pull
- 24 British meter
- 26 Religious song
- 30 Frosted
- 31 Football conference
- 34 Gasbag
- 35 Important person
- 36 Hubbub
- 37 People who get things done
- 39 Tree
- 40 Painter Richard
- 42 Dos Passos trilogy
- 43 Postulate
- 45 Unbroken
- 46 Headed
- 47 Press
- 48 Tees et al
- 50 Arouse
- 52 That girl
- 53 Saying
- 55 Destitute
- 56 Law group who got Dillinger
- 59 Treaty org.
- 60 Scorching heat relief
- 63 Paradise
- 64 Adduce
- 65 Spad or brad
- 66 Cagey
- 67 More able
- 68 Elm

DOWN

- 1 Hawkeye State
- 2 "Other ___"
- 3 Gdansk for one
- 4 Garden tool
- 5 Baby powder
- 6 Due
- 7 Sheet of glass
- 8 Wrath
- 9 Disks
- 10 "M*A*S*H" company clerk
- 11 In the black?
- 12 Swerve
- 13 Possessive pronoun
- 18 Tempo
- 22 What's fashionable
- 24 "Right is ___"
- 25 Flightless bird
- 26 Basketball player Kareem ___ Jabar
- 27 Lasso
- 28 Swim in place
- 29 She
- 30 Brittle resin
- 32 Expert
- 33 Expenses
- 35 Brick worker
- 38 Pointy end
- 41 Winter sport
- 44 Miner's goal
- 48 Bathe
- 49 Zeus' wife
- 51 Pain
- 52 Figure out
- 53 Afresh
- 54 Papa
- 55 Steno's home
- 56 Be afraid
- 57 Soft cheese
- 58 Capri
- 60 Numbers person
- 61 Bolus
- 62 Trinitrotoluene

Meet The Master - by Dick Mastroianni...

1	2	3	4		5	6	7	8	9		10	11	12	13
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Targets Drum and Bugle Corps to host July 6th competition at Central High School

The Targets Drum and Bugle Corps of Springfield, in conjunction with Drum Corps International Division II/III - Atlantic Division, will host a drum corps competition, "Youth on Parade," on Sunday, July 6th at 3:30 p.m. at Central High School in Springfield.

Central High School is conveniently located off the Massachusetts Turnpike and Route 291.

In competition will be the Spartans of Nashua, New Hampshire; East Coast Jazz, Malden, MA; Patriots, Rochester, New York; Phoenix, Brick, NJ; Cadets of

New York City; Quest of Brooklyn, NY; Spirit of Newark, Newark, NJ; St. John's, Brantford, Ontario, Canada; Targets of Springfield; Phoenix Kidets and Quest Explorers.

Donation at the gate is \$8 for adults, \$7 for seniors/students.

Advanced tickets, \$7 for adults, \$6 for seniors/students, can be ordered by calling Mike Courtney, show coordinator, at (413) 734-0070.

EARLY DEADLINE: Due to the Fourth of July holiday next week, the deadline for our next edition is Monday, June 30th, at 12:00 noon...

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Agawam's SummerFest Series begins July 3rd

Each summer, towns throughout New England hold events to bring their communities together. Fairs, festivals, "on the green" concert series, and other events are held to help each community enjoy what many feel is the best season of the year. The same tradition is true here in Agawam, but ask anyone who has ever attended one of the town's SummerFest programs, and they'll probably tell you that few programs of its type can compare to Agawam's SummerFest.

Now in its eighth year and attracting attendance estimated at 15,000 annually, the program emphasizes diverse professional music and a family atmosphere. The music selection leaves no generation feeling left out. This year's program is the most aggressive, with four "national" acts as well as some of the region's top professional talent. SummerFest 2003 will consist of 11 nights of concerts featuring 14 bands, two drive-in style movies, and a kids' penny carnival.

Music highlights include the return of Juno award-winning alt-country performer *Fred Eaglesmith*, one of the country's top zydeco artists; *Rosie Ledet and the Zydeco Playboys*; Canadian bluegrass favorites, *Luther Wright and the Wrongs*; and Toronto-based Celtic rockers, *Enter the Haggis*.

The program is presented jointly by the Agawam Cultural Council and the Agawam Rotary Club. According to Cultural Council Chairman Mike Grandfield, the 2003 SummerFest program almost didn't happen.

"Along with many other agencies, state budget cuts hit us pretty hard. We are extremely grateful to the local business community and non-profit organizations for their support, which has allowed us to continue this year." According to Grandfield, however, the program still needs the support of concertgoers to make up the remaining deficit.

It is hoped that proceeds from the annual weekly raffle and the new tradition of the "passing of the pickle jar" will be sufficient to ensure a program for 2004. Grandfield indicated that most of the feedback revolves around the diversity of the program. "Many people have told us that they enjoy seeing a completely different style of music each week, even when it's a musical style they are not familiar with. It's also fun to listen to people's reactions when they come see some of our acts for the first time and are blown away by the level of talent. We know it's a good night when the bands run out of CDs to sell."

According to Rick Bellico, the incoming president of the Rotary Club, the program is a natural fit for the club and represents the type of community spirit and involvement that is central to Rotary. "It's just great to see three and even four generations of families, getting together with friends and neighbors. It's just another example of why Agawam is such a great place to live."

All programs are free and take place outdoors at Veterans' Green, 699 Main Street. In the event of inclement weather, all shows will be moved inside Phelps School auditorium or an alternative location. More information, including links to the bands, can be found at www.agawamcc.org.

This year's schedule consists of:

Thursday, July 3rd: *Blue Illusion and Bennie & the Jets* sponsored by the Agawam Chamber of Commerce. A special 4th of July celebration will feature the region's most talked about up and coming band. *Blue Illusion* is made up of three area 17-year-olds who play a Stevie Ray Vaughn type of blues and have just released their first album. *Bennie & the Jets* features Springfield's Greg Ransom, one of the country's top Elton John tribute artists.

Wednesday, July 9th: *The Quintessential Brass Quintet* sponsored by the Berkshire Power Group. As the name implies, the group is a traditional brass quintet from the Boston area and features five well-traveled and talented musicians.

Wednesday, July 16th: *Luther Wright and the Wrongs* sponsored by Cecco I, the design office of David Cecchi. One of the year's top festival performers, the band features strong vocal harmonies and excellent musicianship as well as an off-center sense of humor. Their recent notoriety is the result of re-issuing the works of Pink Floyd on an album as up-tempo Bluegrass music. They'll be playing a little of that as

well as music from their library of great original songs.

Saturday, July 19th: *Changes in Latitudes* plus Spiderman movie sponsored by E.B's Restaurant and Attorney Gina Letellier. A repeat of one of last year's most popular nights. *Changes in Latitudes* is quickly becoming known as one of the top Jimmy Buffet tribute bands and Spiderman (Rated PG-13) was last summer's blockbuster.

Wednesday, July 23rd: *Rosie Ledet and the Zydeco Playboys* sponsored by Hampden Bank. Certain to be one of the season's highlights, Rosie and the band will stop off in Agawam on their way to perform in two of Toronto's biggest music festivals. The Louisiana-based group features a mix of great blues and zydeco by one of zydeco's top performers. Ms. Ledet's sultry voice and inspired accordion-playing should make for an unforgettable show.

Wednesday, July 30th: *The Little Big Band* sponsored by the Agawam Lions Club. No summer concert program would be complete without music from the big band era. This 15-piece big band from Connecticut features excellent musicianship and dynamic vocals.

Sunday, August 3rd: *The Young Ambassadors Brass Band of Great Britain* sponsored by the Agawam Cultural Council. This is a special 6:30 Sunday evening performance for this 28-piece military-style brass band. The group is comprised of some of the best up and coming traditional musicians from throughout Great Britain.

Wednesday, August 6th: *The Sounds of Music Singers* sponsored by United Industrial Service. Certainly no strangers to the area's music scene, Agawam's Kathy and Ritchie Mitnick and their troupe of troubadours perform standards from the past 40 years.

Wednesday, August 13th: *Enter the Haggis with Zoe Darrow and the Fiddleheads* sponsored by Litron Laser Systems. With three albums already released, Enter the Haggis combines the traditional Celtic music of fiddle and bagpipes with electric guitars to create a unique rock sound. They are national festival favorites and known for their great live performances. Zoe Darrow, Blandford's 14-year-old fiddle sensation, opens the show.

Saturday, August 16th: Kids penny arcade and "drive-in style movie" sponsored by Woronoco Savings Bank and the Agawam Rotary Club. A night filled with family fun to include facepainting, a bounce house, kids' karaoke, live animals, and a "drive-in" style family movie.

Wednesday, August 20th: *Fred Eaglesmith and the Flying Squirrels* with *The Lonesome Brothers*. Last year's performance by Eaglesmith was likely the most popular show in SummerFest history. The alt-country performer has been on an international tour since last year and was last seen locally sharing the stage with Willie Nelson at Northampton's Calvin Theater. The Lonesome Brothers will open the show and are considered among the best songwriters and performers in the region.

Wednesday, August 27th: *Souled Out* sponsored by Westfield Bank. This singing and dancing Motown review is known for closing out the summer with a bang. Always among the popular acts at SummerFest, the group returns for the fourth consecutive year.

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"The Food Dude"

by John Walters
WMAS 1450 AM



Making meals with "Diane sauce"...

This one of those dishes that we forget about until someone makes it for us and then our palate desires it often. You can make a Diane sauce and use this with shrimp, scallops, chicken, pork cutlets, veal, hamburgers, and (yes) steaks.

Diane sauce is a mustard sauce infused with rich, heavy cream. Remember that with mustard, a little goes a long, long way. Use a nice, coarse ground mustard. Do not use a Chinese mustard (dry mustard).

Accent with fresh ground black pepper, mushrooms, parsley, garlic, and a little white wine. Just remember - more cream and less mustard for a more enjoyable sauce.

I like to make "Shrimp Diane" and serve it with rice. Make extra sauce because that is what having anything Diane is all about.

Start off with butter and saute your garlic a bit. Now, place your meat or seafood in with the butter and garlic. Add your Tsp. of mustard and cream. Adjust your seasonings and serve this on a bed of rice (I really prefer Uncle Ben's rice to any rice I have ever used): 2 C water to 1 C rice, a pinch of salt, and a pat of butter. Seventeen minutes later, you have perfect rice!

If I do scallops, I like to sear them before they go into the dish. In a saute pan, use peanut oil and get the pan very hot. I dust the scallops very lightly in seasoned flour and then place into the hot pan; they should cook up very quickly. Now, use tongs and flip to brown the other side. Put into the sauce to finish.

For shrimp, remove all the shell except the tail piece of shell. For veal or chicken medallions, I sear as well and then place into the sauce to finish.

Another sauce that is similar to this is au poivre - lots of cracked black pepper on the steak and then you pan-sear. Now, de-glaze with brandy and add some cream. Check your seasoning of salt; you surely will not need any more black pepper. This sauce works with salmon, swordfish, and halibut, too.

White chocolate desserts are the finishing touch for this meal. That's for next week, though.

Remember, listen to the "Food Dude" - it is not what you're eating that's most important ... it is whom you're dining with!

Be sure to listen to my radio show every Saturday on WMAS AM 1450 from 12:00 noon to 2:00 p.m. And, by all means pay a visit to my website - www.foodduderadio.com - for more recipes; while you're there, make sure you visit the restaurant guide.

JOHN WALTERS' radio show can be heard each Saturday from 12:00 noon to 2:00 p.m. on WMAS 1450 AM...



Springfield Turnverein

176 Garden Street, Feeding Hills
786-0924

BINGO

(A Smoke-Free Environment)
EVERY SUNDAY 6:30 P.M.

Catering To - Weddings, Banquets,
Parties and Receptions
Karaoke - Fridays at 8 P.M.

Two Rooms Available With Seating Up To 250 People



Education



PICTURED ABOVE are the Agawam Junior High School Non Users Club members who won a summer essay contest (from left): Carisa Bobskill, third place; Brittany Favreau, second place; and Myungsun Ro, first place.

Non-Users Club announces "Summer Contest" winners

To help members remember their pledges over the summer, the Agawam Junior High Non-Users Club again held its annual "Summer Contest" in which the following thought had to be completed:

I'm going to stay alcohol, drug and tobacco free this summer because...

Winning **first place** and a movie package for two was **Myungsun Ro** with the following entry:

*"I'm going to stay alcohol, drug and tobacco free this summer because **my years of hard work and accomplishments are not worth risking for one simple curiosity. I'm not going to let anything interfere with my dreams of reaching my goals.**"*

Second place and two movie tickets went to **Brittany Favreau's** entry. *"I'm going to stay alcohol, drug and tobacco free this summer because **drugs are bad for people and kill them and I don't want to die. I want to make something of myself and be a role model for the kids I babysit and others.**"*

Carisa Bobskill's entry earned **third place** and a movie ticket. *"I'm going to stay alcohol, drug and tobacco free this summer because **I don't want to get sick or die. I'd rather spend my time shopping or with friends. I don't want yellow teeth. It smells grotesque.**"*

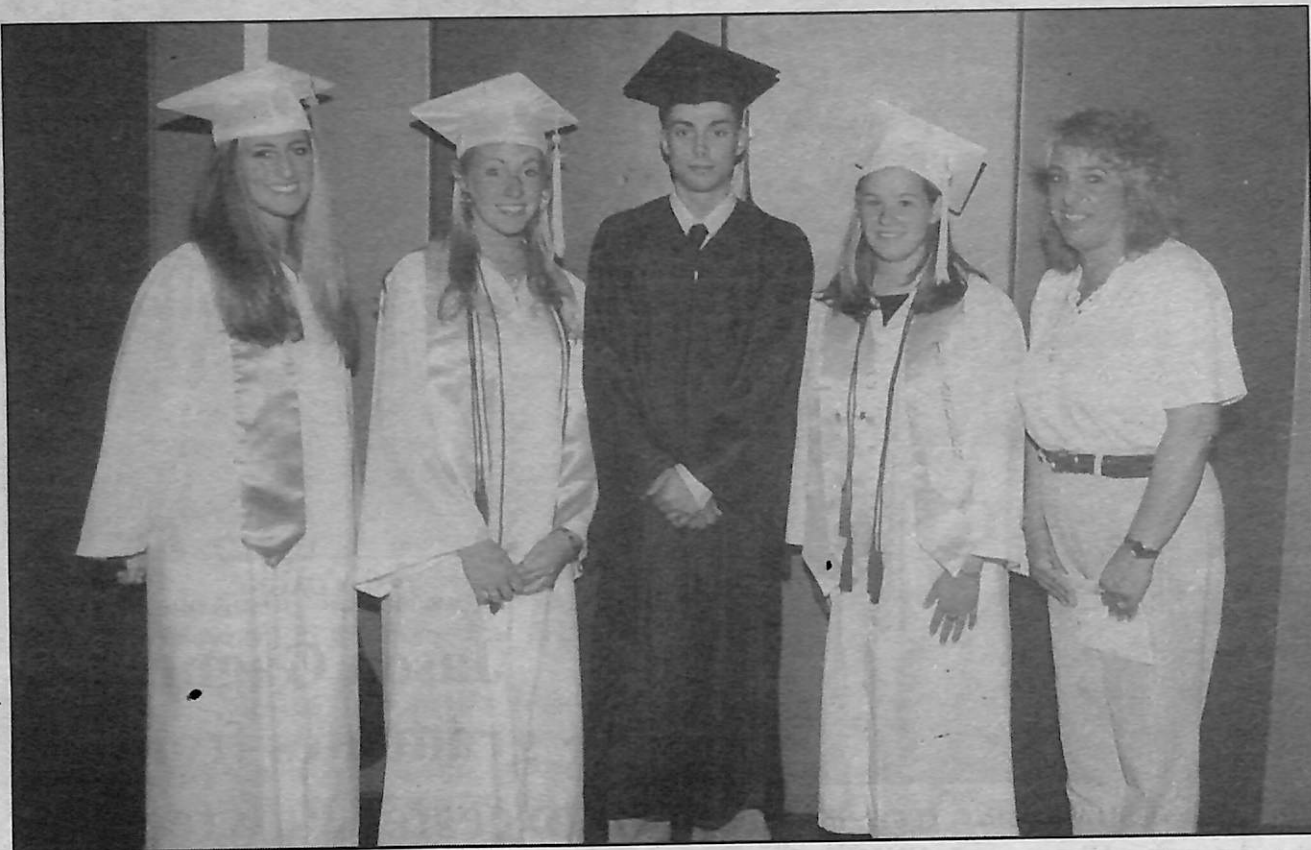
The movie tickets were provided by the Agawam Junior High School P.T.O. The 445 Non-Users Club members (over half the school population) signed contracts agreeing to stay away from alcohol, tobacco, and other drugs. In return, they have been provided with monthly activities befitting such a drug-, alcohol- and tobacco-free lifestyle. Such a large group also provides a large support network of peers to reinforce their commitment.

This "Summer Contest" is meant to give one last boost to their "Non-Users attitude" before the long vacation.

* * * * *

If you visit the Advertiser News' office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Thank you...

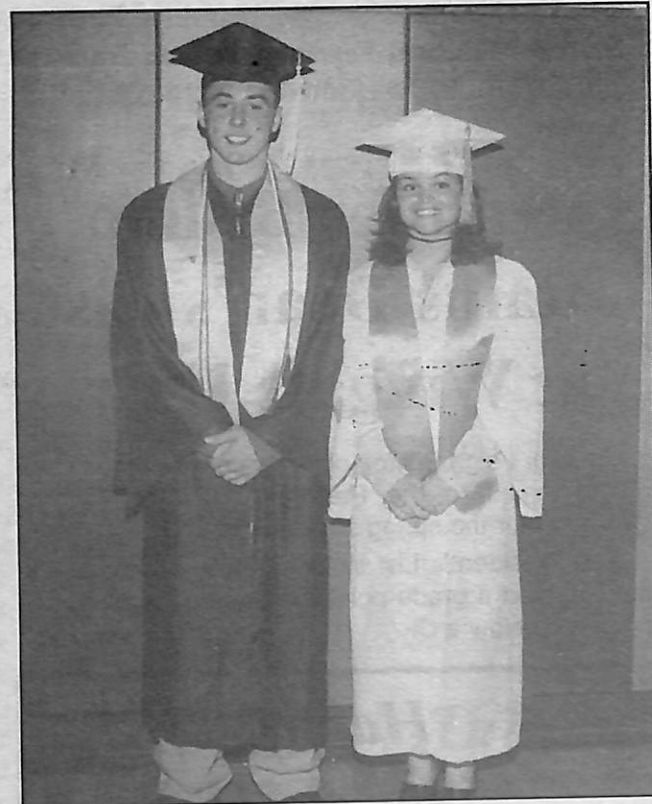
Scholarships awarded at AHS Assembly...



LAURIE ROSSI (far right), representing the Agawam Middle School PTO, is shown with this year's winners of the school's PTO Scholarship at the annual Awards Assembly held earlier this month at Agawam High School. From left: Cori Verteramo, Heather Cox, Steven Ledger, and Aimee Beaudette.



JAIMI LIARD (left photo, right) received the Gladys Catchepaugh Memorial/American Legion Auxiliary #185 Scholarship from Mary Ellen Morissette, president of Wilson Thompson Auxiliary Unit 185. In right photo: This year, the Agawam Education Association presented scholarships to Christopher Holl and Christin Cilimberg, members of Agawam High School's class of 2003.



Area residents attain President's and Dean's Lists at Bentley College in Waltham

Bentley College Dean of Arts and Science Catherine Davy and Dean of Business Margrethe Olson are pleased to announce the names of local residents who were named to the President's List and the Dean's List during the 2003 spring semester.

Nicole Macey of Agawam, a senior finance major, was named to the President's List for extraordinary academic achievement. To be named to the President's List, a full-time student must have a grade point average of 3.7 or higher, with no course grade below 3.0, during the term.

The following area students were named to the Dean's List for outstanding academic achievement:

Lindsay Mason of Feeding Hills, a senior mgrl. economics-mgmt. major; **Adam Mouneimneh** of Feeding Hills, a junior economics-finance major; and **Meredith Willett** of Agawam, a sophomore undecided business major. To be named to the Dean's List, a full-time student must have a grade point average of 3.3 or higher, with no course grade below 2.0, during the term.

Bentley College is a business university located in Waltham, Massachusetts. Focused on education and research in business and related professions, Bentley blends the breadth and technological strength of a large university with a strong foundation in the arts and sciences and the values and student orientation of a small college.

UNICO awards Art Chase Scholarship



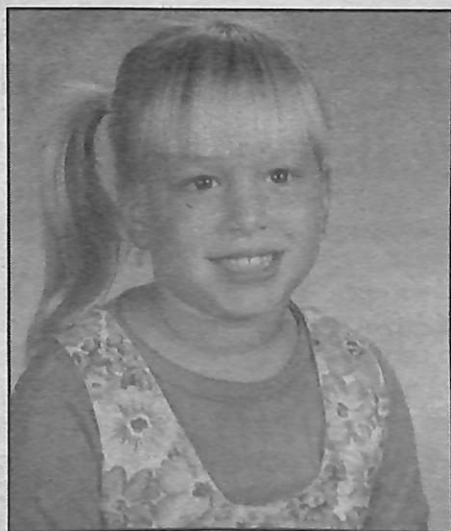
ON WEDNESDAY, JUNE 11TH, members of the Agawam Chapter of UNICO National gathered at Alexander's Restaurant in Feeding Hills to present its annual scholarships. Among this year's recipients were David Bienia and Michael Ferrigno, who were awarded the Art Chase Scholarship. Pictured above are Michael Ferrigno (second from the right) with representatives of the Agawam Chapter.

Jennifer Bishop attains Dean's List at Wingate Univ.

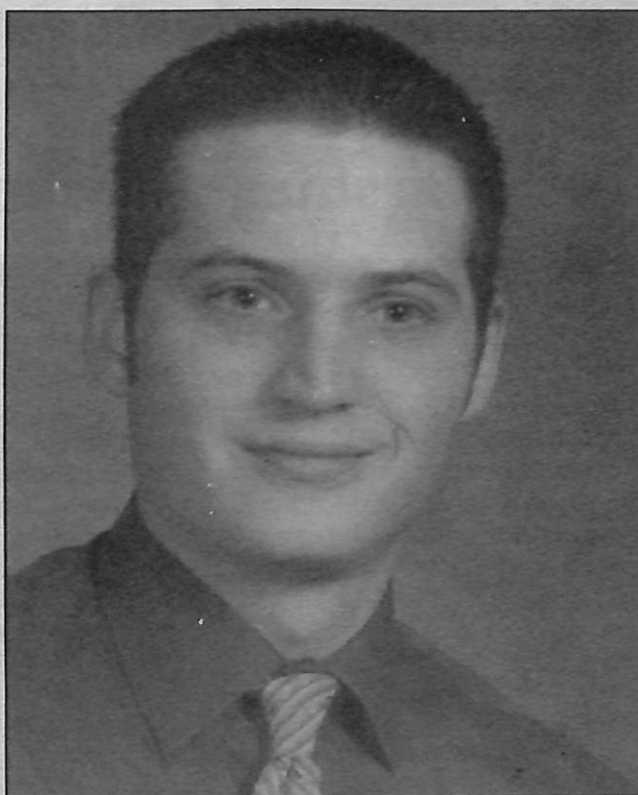
Jennifer Leigh Bishop of Agawam was among students named to the President's List at Wingate University for the spring semester of 2003.

The President's List includes those students who have earned a grade-point average of 3.9 and have no grade below a C.

*Happy
"Sweet 16"
To Our Beautiful
Sara*



*Love,
Nana & Grampa Lou*



JASON GAGNE

Jason Gagne graduates from Worcester Polytechnic

Jason Gary Gagne of Belchertown, the son of Roger Gagne of Belchertown and Jeannine Morin of Main Street, Agawam, graduated from Worcester Polytechnic Institute on Saturday, May 17th with a degree in management information systems.

While at WPI, Gagne was a member of Alpha Tau Omega, the Interfraternity Council, and was a member of the men's varsity crew team.

Area residents named to STCC Dean's List

Area residents who have been named to the Dean's List for the Spring 2003 semester at Springfield Technical Community College have been announced by Interim Vice President of Academic Affairs Stephen H. Keller.

The Dean's List is published each semester to recognize above-average academic performance. Students carrying a full-time course load of 12 or more semester hours, who achieve a quality point average of 3.3 or above, are placed on the Dean's List.

Agawam residents honored include Barbara Adamczyk, Aleksandr Adzhigirey, Valerie Aldridge, Sarah Bates, Virginia Czuprynski, Jason Deforge, Carol Demay-Maristich, Heather Duquette, John Duquette, Daniel Green, Matthew Gruska, Katie Hall, Jennifer Harvey, Marvin Jackson, Daniel Jock, Tracy Julian, Nonna Kudrya, Kaila Larivee, Gina Leclair, Anthony Leroux, Manuel Lopes, Lorin Masotti, Cynthia Mathias, Bridget Miller, Steven Naroff, Jonathan Odell, Michele Rodriguez, Larry Scafuri, Karmela Shahshahany, Cynthia Szafran, Edwin Torres, and Margaret Warren.

Feeding Hills residents honored include Grisell Agrinoni, Donna Allen, Joseph Barrett, Brian Benson, John Bonavita, Gail Borkosky, Jennifer Deslauriers, Brian Foley, Kevin Gaffney, Eric Hogan, Yelena Ignatyuk, Lindsey Jeserski, Sakhoon Kheumun, Robyn Kononitz, Kimberly Licence, Laurie Littlefield, Sheree Lolos, Jennifer Lyman, Dominic Montessi, Debra Nyman, Jennifer Orenstein, Melissa Orr, Christine Quink, Christina Rice, David Rodriguez, Derek Rose, Clara Scott, Mark Squires, Edward Szczepanek, and Heather Torigny.

*For all the hometown news, you
turn our pages each week ...*



HOLLY R. MOREN

Holly R. Moren wins Scholar appointment

Holly R. Moren, a 1999 graduate of Agawam High School, recently graduated summa cum laude from Westfield State College with a B.A. in English.

During the duration of her last three years at Westfield, Holly maintained Dean's List status each semester, finishing her studies there with a 3.8 average. She was a member of Phi Kappa Phi, a national honor society based on academic achievement.

In addition, she was a member of the International English Honor Society known as Sigma Tau Delta, and she was vice-president of that society during her senior year.

Holly received the Bette Roberts Award for Academic Excellence in English, as well as the Award for Academic Excellence in Women's Studies. She was also a volunteer tutor in the school's writing lab. During her senior year, she was editor of the school's literary magazine, "Persona."

She submitted and then presented three research papers based on literary analysis at conferences in Boston and Cincinnati during her junior and senior years.

Holly will be attending the graduate program in English at Clark University in Worcester this fall as an English Scholar, with a full scholarship based on her achievements.

She is the daughter of Colleen & Gary Moren of Feeding Hills, and the granddaughter of Rebecca Moren, also of Feeding Hills, who graduated from Agawam High School in 1936.

Kelly McNeish attains Dean's List at Bay Path

Kelly McNeish, daughter of Robert and Susan McNeish of Charter Oak Drive, Feeding Hills, attained dean's list standing for academic excellence last semester at Bay Path College.

A member of the junior class, she is enrolled in the Legal Studies Program.

Founded in 1897, Bay Path College is a small, private undergraduate women's college with a diverse student body from throughout the U.S. and around the globe.

Offering distinctive baccalaureate and associate degree programs for women, as well as a graduate program for men and women, the College prepares its students for professional roles in a contemporary society by focusing on the development of leadership, communication, and technological skills.

Early American Summer Days...

Storowton Village Museum now taking registrations

Storowton Village Museum, on the grounds of the Eastern States Exposition in West Springfield, is accepting registrations for both sessions of its Early American Summer Days, which take place August 4th-8th and August 11th-15th. The program offers children ages seven to 12 a unique opportunity to learn about life as it was in a 19th century New England village.

Each five-day session is held at the historic Village, where experienced staff members guide participants through a variety of activities, crafts, and games. Children also get the chance to wear period-style clothing as they indulge in activities such as working a blacksmith's forge, milling corn into meal for cooking, writing with quill pens, weaving baskets, and playing hoop and sack games on the Green.

Each day of the week will have its own unique activities.

Monday: Children begin recreating the roles of their early American predecessors by donning 19th century-style clothing, meeting new friends, and learning about life in New England in the 1800s.

Tuesday: Early American crafts, including candle dipping and tile mosaics, will be featured. Children will also write on slate in a one-room schoolhouse and visit the homes and workshops of Storowton's villagers and enjoy early American stories.

Wednesday: Children learn about dairy products first-hand by milking a cow and churning butter. They will also sing and dance to live 19th-century music, and try their hands at making apple cider using an authentic wood cider press.

Thursday: Carding and spinning wool and weaving cloth from fiber are explored, as well as witnessing sheepdog herding demonstrations, sheep shearing, and wool dyeing.

Friday: Children get the chance to perform a skit on stage, take their parents on a Village tour, and demonstrate their newly learned crafts and skills.

Additional activities include playing town ball, constructing puppets, drawing animal portraits, and playing at marbles. For more information or to receive a registration brochure for this popular program, contact Storowton Village Museum at (413) 205-5051.

Tara Feeley attains Dean's List at St. Michael's

Tara K. Feeley of Feeding Hills, daughter of Richard, Jr. and Ellen Feeley, was named to the Dean's List for the spring 2003 semester at Saint Michael's College.

Feeley is a sophomore elementary education and American studies major at the liberal arts, Catholic college located in the Burlington area of Vermont.

Students who complete a minimum of 12 credits and achieve a grade point average of at least 3.4 at the end of a semester, are recognized for their scholarship by inclusion on the Dean's List.

Saint Michael's College, founded in 1904 by the Society of St. Edmund and headed by President Marc A. vanderHeyden, has been identified by *U.S. News & World Report* for 13 consecutive years as one of the top 15 Master's Universities in the North.

Local students attain honors at Suffield Academy

Thomas DeCosmo (grade 10, honors) and Christin Peters (grade 9, high honors) were among students named to Suffield Academy's spring term honor roll.

Area students receive awards at WNEC

The following area students were among those to be honored at the Western New England College Academic Honors Convocation held in May.

Jennifer R. Loomis of Feeding Hills received the Biomedical Engineering Department Award for Outstanding Senior. Dr. Judy Cezeaux, professor of biomedical engineering program, and Dr. Richard Grabiec, assistant dean of engineering, presented the award to Loomis. Awarded only when a student merits recognition, the faculty of the School of Engineering selected Loomis for her academic excellence and professionalism in her studies. Loomis has been involved with Alpha Lambda Delta, the Society of Women Engineers, and the Outing Club. During this academic year, Loomis also published a conference paper and presented a poster on her senior project at the 29th Annual Northeast Bioengineering Conference in Newark, New Jersey. Loomis plans to pursue employment in the biomedical engineering field.

Shelley E. Rose of Feeding Hills received the Harold Heye History Award. Dr. Marc Dawson, associate professor of history and chair of the department of history and government, presented the award to Rose. The School of Arts and Sciences conferred this Award in honor of Harold Heye, who was a longtime member of the History Department. Awarded to outstanding graduating seniors, Rose was one of two recipients of this Award. Rose has appeared on the Dean's List and President's List every semester at Western New England College and achieved a 3.9+ overall grade point average. Rose completed the Honors Program and was inducted into the Alpha Lambda Delta and Mortar Board societies. Rose won the First Year History Award, the Royal Skookum Award, and was named the 2003 Student Association Graduate of the year. Rose served as First Year Seminar Assistant, earned her certification in secondary education from Massachusetts and spent a summer volunteering at an archeological dig in England. Rose's future plans include pursuing graduate studies in history at Binghamton University in New York, where she was awarded a full scholarship and a teaching assistantship.

Laura A. Tenerowicz of Agawam received the Max Y. Litman English Prize. Dr. Eugene Angus, professor of English and chair of the Department of English, presented the award to Tenerowicz. The School of Arts and Sciences conferred the Max Y. Litman Prize in honor of Charlotte Greenspan, a longtime member of the Department of English. Awarded to the outstanding graduating senior in English, Tenerowicz earned an overall grade point average of 3.54 and a 3.87 grade point average in English. Tenerowicz received the President's Scholarship and graduated *cum laude* from the honors program. Tenerowicz has appeared on the President's and Dean's lists, and recently passed the Massachusetts Test for Educatory Licensure. Tenerowicz performed 50 hours of student teaching at Longmeadow High School and 25 hours of observation at Agawam High School. Tenerowicz plans to embark upon her teaching career in public high school.

Danielle Sienkiewicz attains Dean's List at Franklin Pierce

Danielle Sienkiewicz of Feeding Hills, the daughter of Mary and Charles Sienkiewicz, was named to the Dean's Honor List for the spring 2003 semester at Franklin Pierce College in Rindge, New Hampshire.

For all the hometown news, you turn our pages each and every week ... AAN!!!

Looking forward to the summer...



THE MEMBERS OF THE Agawam Junior High School Non Users Club enjoyed Friendly's ice cream sundaes during a recent end-of-the-school-year celebration. Front row: Rachel Dionne, Jenna Nagel, and Andrea Freniere. Back row: Samantha Impionbato, Nicole Kozikowski, Ashley Veilleux, and Jocelyn Mason.

Local students attain honors at Framingham State

Agawam residents Andrea M. Prova and Marjorie J. Bilodeau were named to the Dean's List and the President's List for the spring 2003 semester at Framingham State College.

To be selected for the Dean's List, a student must earn a Quality Point Average of 3.25 or higher. To be selected for the President's List, a student must have been named to the Dean's List for three consecutive semesters.

Framingham State College was founded in 1839 by Horace Mann as the first public college for educating teachers in the United States. It is an outstanding four-year college offering a comprehensive range of undergraduate, graduate, and continuing education programs in academic and professional areas.

Look Who's Turning "16"

Happy Birthday JUSTIN (and Rover)



All Our Love, Nana & Papa
June 27th, 2003

Agawam Public Schools offers Summer Technology Camp

by Kathy Shepard
Feature Editor



Children entering grades three through six can take advantage of the Agawam Public Schools' Summer Technology Camp, to be held at the Agawam Middle School Computer Lab, starting Monday, July 9th to

Friday, July 25th, from 9:00 a.m.-12:00 noon in three sessions.

The goal of the camp is to expand children's knowledge of technology in a fun, yet educational way.

"This will be a fun time with a great lineup," announced Ann Flynn, software support specialist and chairwoman for the technology committee for the district. She set up the technology camp with Jennifer Green, elementary library and media specialist.

Both educators work with the elementary schools to help teachers with technology integration. They also work at the Middle School, primarily with training and helping students with technology, and they have developed a technology training website for teachers and staff.

"Several community colleges were offering technology camps, so we wanted to offer a camp in town," Mrs. Flynn told *The Advertiser News*.

The cost for one session is \$90 a week. For all three weeks, the cost is \$250.

The first session, called "Extreme PowerPoint," will run from July 7th through July 11th and will include such projects as cartooning, riddles, and zany animation creations.

Software and the Internet will be used to enhance the experience. Inspired by a variety of subjects, children will do individual as well as group projects.

The second session, called "Multimedia Mania," will run from July 14th through July 18th.

Using "awesome animation, digital camera photos, and sound (such as pet sounds), fun and creative projects will be designed.

Each child will use his own voice and other sound effects through a multitude of presentation software projects. The internet will also be used to increase knowledge of multimedia.

The third and final session is titled "The Wild and Wacky Web." This session will run from July 21st through July 25th and will show participants the best websites.

Children will create unique projects inspired by these sites, working independently and in groups and using interactive software to apply what they have learned creatively.

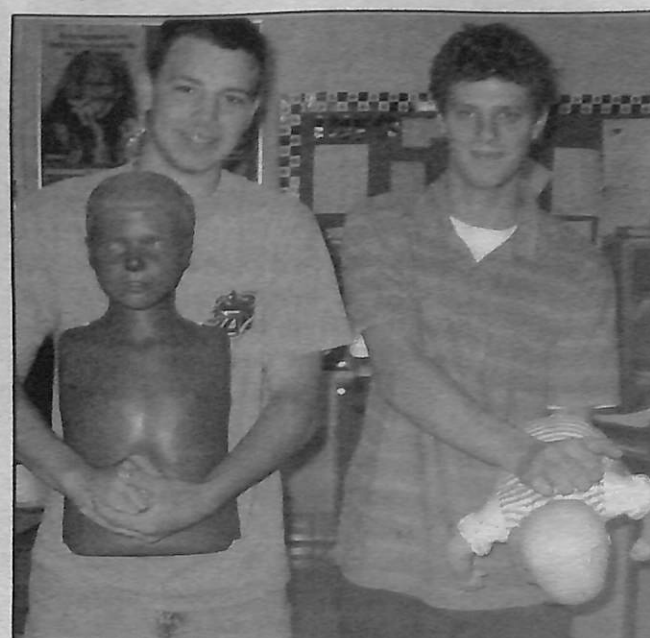
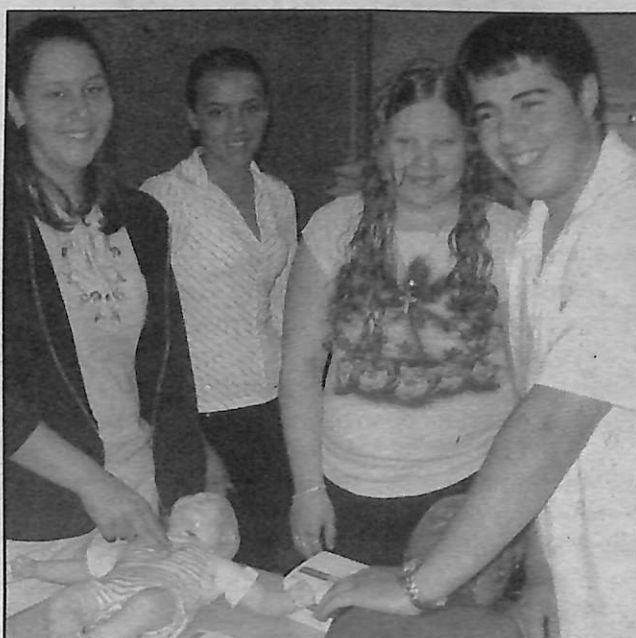
Mrs. Flynn explained that several websites offer "Trivial Pursuit," some offer word games, or people can have a scavenger hunt on line.

"There is an interactive site that helps the children create their own stories. The content is all within the guidelines of content filtering and is very safe. Internet safety guidelines and standards are in place," she said, adding, "There are some great science sites to visit, and there is always an activity to go with the site."

For more information, please call 821-0516 or e-mail aflynn@agawampublicschools.org.

Space is limited as only 25 students per session can be accommodated. Also, a registration form can be printed out from the website, www.agawampublicschools.org.

AHS students become CPR certified...



AS PART OF THE Agawam High School health curriculum, students in Diana Chase's and Catherine Gomes' health classes completed training recently and became certified in cardiopulmonary resuscitation. The program was part of the AHS Health Department's "Issues in Health" course. This hands-on course included "watch and practice" sessions involving infant, child, and adult CPR. At the conclusion of the program, each student was tested and certified in CPR. Special thanks to Cheryl Sabola, CPR coordinator from Baystate Medical Systems, who helped develop and administer this worthwhile program. From left: Ashley Gorman, Beth Cochenour (CPR instructor), Danielle Pisano, and Nick Cardaropoli are shown performing CPR on a child and infant. In right photo: Eric Porth is performing the Heimlich Maneuver and Fedor Skovorodin is performing foreign body obstruction on an infant.

Area residents honored at STCC ceremony

Springfield Technical Community College President Andrew M. Scibelli announced that several area residents were recognized at the college's annual Honors Convocation ceremony on May 28th. The event was held to recognize outstanding students who were the recipients of awards and scholarships. Most of these students participated in STCC's 36th commencement exercises held May 29th at the Eastern States Exposition.

Brian Benson of Feeding Hills received the Carl F. Junker Scholarship. Former social sciences division chair Carol A. Roberts presented the scholarship in memory of her brother, Carl, who gave his life for our country in the Korean War. In appreciation for those who have served in the armed forces, this award is made to five veterans who have demonstrated academic excellence and/or financial need.

Monica Klundt of Feeding Hills received the Western Massachusetts Electrical Company Scholarship. These scholarships are provided to 12 Springfield Technical Community College students based on academic achievement and financial need through objective assessment of completion by a panel of STCC faculty and staff.

John DeCaro of Agawam received the Athletic Excellence Award that is presented to athletes who have been singled out by state, regional, or national organizations for exceptional athletic accomplishments and abilities. DeCaro was named NJCAA All

American in Men's Soccer and NSCAA Men's Soccer All American.

Carol Demay-Maristich of Agawam received the Merck & Company Respiratory Care Academic Achievement Award. This award is presented to a graduating senior who has been recommended by the faculty, has achieved academic excellence, demonstrated seriousness of purpose in career choice, and demonstrated leadership through meaningful participation in campus activities.

Laurie Lyman of Feeding Hills received the Court Reporting Information Technologies Award. This award is presented to the Court IT graduate who has maintained a high standard of academic achievement and technical excellence while emulating the skills and qualities of a professional court reporter, communications access real-time reporter, and/or television broadcast captioner.

Karmela Shahshahany of Agawam received the Emery Development Award sponsored by Emery Development, LTD. This award is presented each year to a student who completed a minimum of two levels of English as a Second Language at STCC with a B or higher average; a minimum of 3.5 overall QPA at the time of graduation; and extracurricular/volunteer activities on or off campus. The Bonemery family is strongly committed to supporting students for whom English is not their first language and to help the community which their business serves.

Sarah Cowan graduates from Brown University in Providence

Sarah Bechtel Cowan, daughter of The Rev. and Mrs. Leonard C. Cowan of Northborough, formerly of Agawam, received a bachelor of arts degree from Brown University in Providence, Rhode Island, the nation's seventh oldest college.

Rev. Cowan is the former pastor of St. David's Church in Feeding Hills.

Cowan earned her degree in International Relations. She was actively involved in the Brown

Christian Fellowship during her four years at Brown. She studied abroad in Uganda during her junior year.

Next year, she will be living in Providence where she will be working for InterVarsity Christian Fellowship at Brown and Wheaton College.

Cowan is also the recipient of the William Gaston Premium Scholarship, given for her academic excellence in International Relations.

Want to keep up on all the latest news in Agawam and Feeding Hills? Then be sure to subscribe to The Agawam Advertiser News! A one-year subscription costs only \$26, so mail your check today to "The Advertiser News," P.O. Box 263, Feeding Hills, MA 01030.

Local students attain honors at WNEC

The following local residents have been named to the President's List at Western New England College for the spring semester of 2003:

From Agawam - **Eliza M. Dickmann**, a sophomore physics major; **Robert R. Dufresne**, a senior liberal studies major; **Glenn Maurice Harnish**, a senior accounting major; and **Matthew G. Szoka**, a sophomore pharmacy major.

From Feeding Hills - **Neil B. Butler**, a senior math major; **Richard M. Duboise**, a junior economics major; and **Kevin W. Sliech**, a sophomore mechanical engineering major.

Students are named to the President's List for achieving a semester grade point average of 3.80 or higher.

The following area students have been named to the Dean's List at WNEC for the spring semester of 2003:

From Agawam - **Michael T. DeFilipi**, a senior communications major; **Jillian A. Lawson**, a sophomore criminal justice major; and **Sherry B. Wakelee**, a junior accounting major.

From Feeding Hills - **Shawn M. Biebel**, a senior finance major.

Students are named to the Dean's List for achieving a semester grade point average of 3.30 or higher.

Western New England College is a private, independent, coeducational institution founded in 1919. Located on an attractive 215-acre suburban campus in Springfield, Massachusetts, the College serves 4,500 students on its main campus and at 14 sites throughout the Commonwealth. Undergraduate and graduate programs are offered through the College's Schools of Arts and Sciences, Business, Engineering, and Law.

Local graduates named to President's & Dean's Lists at WNEC

The following graduates have been named to the President's List at Western New England College for the spring semester of 2003:

From Agawam - **Leanne M. Ryan**, a marketing communications major.

From Feeding Hills - **Jennifer R. Loomis**, a biomedical engineering major, and **Shelley E. Rose**, a history major.

Students are named to the President's List for achieving a semester grade point average of 3.80 or higher.

The following area students have been named to the Dean's List at WNEC for the spring semester of 2003:

From Agawam - **David P. Federico**, a history major; **Laura A. Tenerowicz**, an English major; and **Joshua J. White**, a management major.

From Feeding Hills - **Ryan T. Drobot**, a management major; **Anthony C. Kosinski**, an accounting major; and **Robert W. Liard**, a management major.

Students are named to the Dean's List for achieving a semester grade point average of 3.30 or higher.

Western New England College is a private, independent, coeducational institution founded in 1919. Located on an attractive 215-acre suburban campus in Springfield, Massachusetts, the College serves 4,500 students on its main campus and at 14 sites throughout the Commonwealth.

Undergraduate and graduate programs are offered through the College's Schools of Arts and Sciences, Business, Engineering, and Law.

Best local news with us...

At Agawam High...

Myungsuk Ro named "Outstanding Physics Student"

Myungsuk Ro has been selected as the "Outstanding Physics Student" at Agawam High School for the 2002-2003 school year.

Arthur Gage, physics teacher at AHS, presented him with a certificate from the *American Association of Physics Teachers* at an awards ceremony held on May 22nd at the High School.

Myungsuk is the son of Jaekeum Ro and Sangsook Jung of Feeding Hills. He is continuing his education at UMASS-Amherst.

For all the hometown news, you turn our pages each and every week ... AAN!!!

Molly Schlager awarded national scholarship

Molly Schlager, a legal studies major at Bay Path College, is one of only five nationwide recipients of the American Association for Paralegal Education Lambda Epsilon Chi Scholarship Awards.

This award is given on an annual basis to selected students who write a 500-word essay on a topic provided by AAFPE.

This year's topic, the appropriateness of considering race in college admissions, was also the subject of several cases heard by the Supreme Court.

Schlager is the first Bay Path student to win the award and is the only winner from the Northeast.

She is a resident of Brookfield Lane in Agawam and is a member of Bay Path's sophomore class.



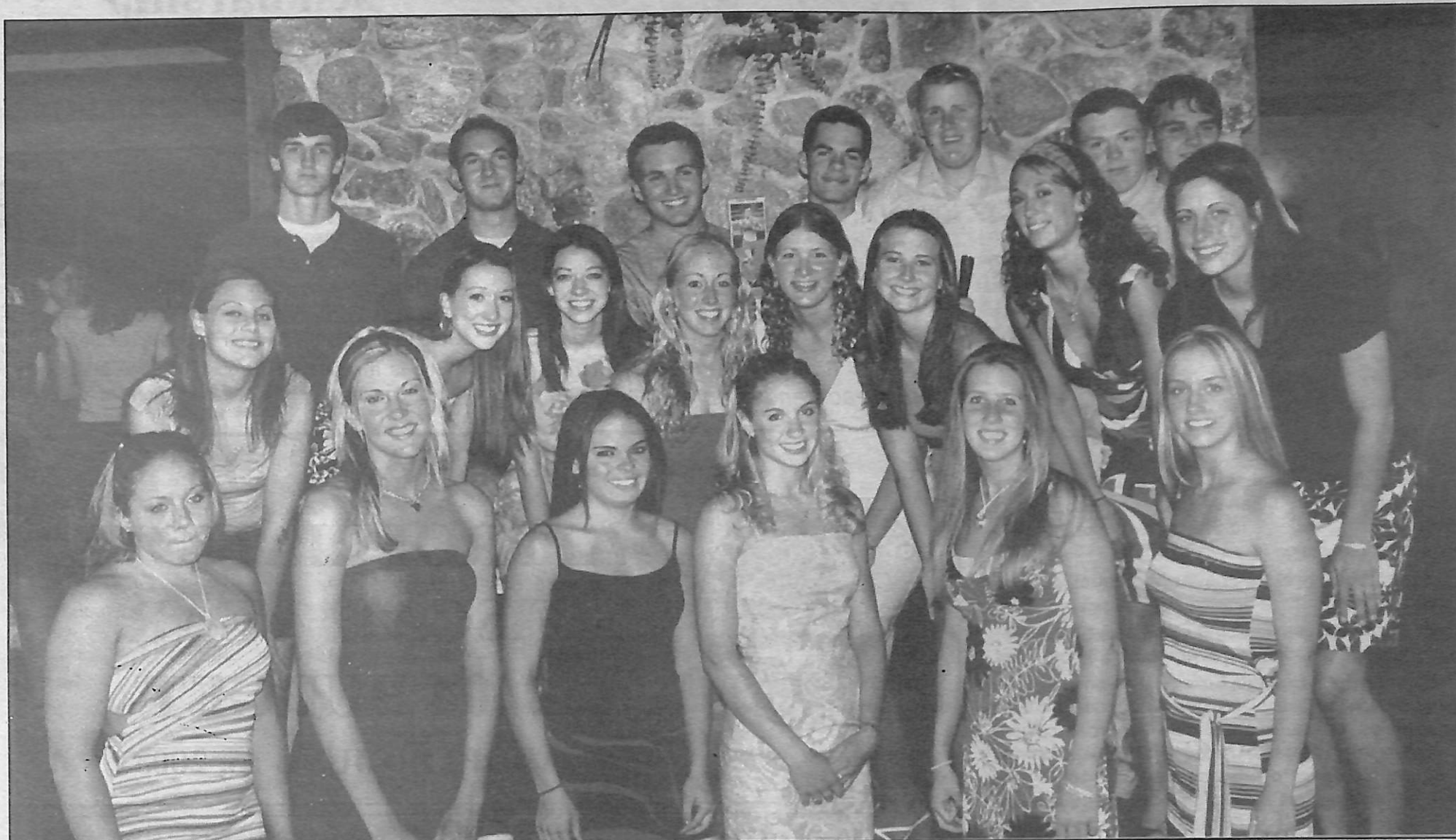
CHART OF APPROPRIATIONS FISCAL YEAR 2004 BUDGET ADOPTED JUNE 16, 2003

DEPARTMENT	Personnel Services	Purchased Services	Supplies	Capital Outlay	TOTAL
GENERAL OPERATING BUDGET					
Council	\$89,900	\$16,550	\$350	\$0	\$106,800
Mayor	\$214,749	\$500	\$0	\$0	\$215,249
Administrative Building	\$42,016	\$342,275	\$0	\$0	\$384,291
Law Department	\$41,950	\$84,500	\$0	\$0	\$126,450
Auditor	\$118,224	\$125	\$0	\$0	\$118,349
Clerk/Elections	\$193,380	\$1,150	\$0	\$0	\$194,530
Assessor	\$167,181	\$48,200	\$0	\$0	\$215,381
Data Processing	\$122,304	\$0	\$0	\$0	\$122,304
Treasurer/Collector	\$242,675	\$28,304	\$0	\$4,800	\$275,779
Police Department	\$3,257,024	\$73,931	\$21,781	\$25,250	\$3,377,986
Fire Department	\$2,786,266	\$71,000	\$19,500	\$16,000	\$2,892,766
Inspection Services	\$219,921	\$1,840	\$1,755	\$0	\$223,516
Health Department	\$402,449	\$4,300	\$6,000	\$0	\$412,749
Planning and Community Development	\$97,652	\$650	\$0	\$0	\$98,302
Agawam Public Library	\$666,144	\$13,235	\$150,251	\$0	\$829,630
Parks & Recreation	\$128,539	\$14,733	\$2,000	\$10,000	\$155,272
Council on Aging	\$234,788	\$45,750	\$2,500	\$0	\$283,038
DPW Administration	\$71,445	\$3,122	\$50	\$0	\$74,617
Highway & Grounds	\$850,685	\$206,365	\$232,420	\$115,000	\$1,404,470
Motor Vehicle Maintenance	\$153,175	\$32,705	\$253,900	\$3,640	\$443,420
Engineering	\$179,250	\$11,623	\$3,050	\$0	\$193,923
Building Maintenance	\$1,576,031	\$920,467	\$112,375	\$6,250	\$2,615,123
Agawam Public Schools					\$28,186,756
Line Items					\$12,899,963
TOTAL - GENERAL OPERATING BUDGET					\$55,850,664
CAPITAL IMPROVEMENT BUDGET					\$190,000
TOTAL GENERAL FUND					\$56,040,664
SELF SUSTAINING DEPARTMENTS					
Wastewater Department	\$448,605	\$2,046,812	\$42,935	\$39,294	\$2,577,646
Water Department	\$672,342	\$1,414,971	\$208,395	\$38,551	\$2,334,259
Agawam Municipal Golf Course	\$412,139	\$293,248	\$182,800	\$30,000	\$918,187
TOTAL - SELF SUSTAINING DEPARTMENTS					\$5,830,092
TOTAL - GENERAL FUND AND SELF SUSTAINING DEPARTMENTS					\$61,870,756



Sports

Seniors honored at annual AHS track banquet...



MEMBERS OF THE CLASS OF 2003 on the Agawam High boys' and girls' outdoor track and field teams (above) were honored at the annual season-ending banquet sponsored by the AHS Track Parents Booster Club on Tuesday, June 17th, at Oak Ridge Golf Club. Boys' Coach Bill Dillon and girls' Coach Dan Pryce heaped much praise on the graduating seniors, noting the many individual school records, relay school records, and individual titles which members of the class of 2003 hold. Advertiser News photo by Kathy Shepard.

Comeback falls short as AHS summer girls' soccer falls to Swk., 3-2

by Bill Bellico
Sports Writer

The Agawam Pioneer Valley girls' Summer Soccer League team traveled to Southwick for its second game of the season on Wednesday, June 18th. Suffering from a slimmed-down roster due to some players' absences, the girls fought hard and narrowly missed a comeback. Although they fell 3-2, the team isn't complaining as they look to future games.

"It was a really good game and the girls came real close to a comeback," commented Coach Erin Gloster. At presstime, the summer Brownies are 1-1.

Agawam trailed 3-0 in the game before scoring its two goals - courtesy of Ashley Smith and Adrienne Brodowski - in what almost proved to be a second chance in the game.

SEE GIRLS' SUMMER SOCCER - Page 33

Short-handed Brownies fall to Hampshire in boys' summer soccer

by Dave Rollins
Sports Writer

The Agawam boys' Pioneer Valley Summer Soccer League team fell to 1-1 on the hot stove circuit after a tough, 3-2 loss to the boys representing Hampshire Regional on Friday evening, June 20th, up there.

As can happen during the summer campaign when many teams are often forced to mix and match (especially in games well away from home), Coach Dan Sullivan was able field just 10 players.

"We had only 10 kids for this game, and we had to do some creative things out there," said Sullivan.

He used three fullbacks, three midfielders, two forwards, a stopper, and a goalie.

"When the kids took the field, some of them played out of their normal positions and this provided us with even more of a challenge," Sullivan said.

Moreover, not having your usual complement of players (20 kids are on the roster) presented a bigger problem - fatigue.

"Hamp ran us ragged. Even though all of my kids

are in good shape, you need some subs to stay with an opponent which greatly outnumbers you. We played the best we could until our legs went," noted the coach. He was philosophical, tough, adding, "Some of my guys have jobs, and some participate in other summer sports. But some of them make an effort to show up for our games. That's the way it is."

SEE BOYS' SUMMER SOCCER - Page 33

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BOYS' SUMMER SOCCER - from Page 32

Hampshire scored one minute into the first half on a long outside shot, beating Agawam keeper Alex Alvanos. It was a tough chance for the junior.

Not long after that, Casey Federico (playing mid-field on this evening) put the summer Brownies on the board with a long drive from the right side of the box with 10 minutes left off an assist from Kevin Foley. That play prompted Sullivan to give Federico (soon to be a senior this fall) a bit of praise: "Casey gives 100 percent. He's a strong, athletic kid."

But the Brownies played 'Hamp even up through the rest of the first half, which ended in a one-all tie.

Sullivan switched to a diamond defense for the second half. Some of the kids who stood out then were Foley at sweeper, Ryan Sullivan as a midfielder and forward, Pete Midura and Nick Jacks as full-backs, and Brendon Ennis as a sweeper and stopper. Ennis will be a sophomore in the fall.

"Brendon and most of the kids on the summer team have a good future in front of them in Agawam High soccer," Sullivan told us.

Hampshire scored two more times in the second half against the tired Brownies. But Agawam rallied a little.

With 10 minutes left, forward Nick Gumlaw gave the Brownies their second goal for the final 3-2 score.

Sullivan said he was happy with the team's performance in its first two games. He noted that summer soccer (a 12-game schedule) is a great venue for most of the kids to have a tuneup for the upcoming high school season.

"They all are working hard on their games, so only good things could happen," remarked the coach.

GIRLS' SUMMER SOCCER - from Page 32

Gloster pointed out that the team had only three returning varsity players that evening.

Agawam's next game is against Northampton on Wednesday, June 25th (presstime), which gives the girls a chance to compete against a team they don't usually face in the regular season. Gloster said the team seemed excited about this experience to face the Northampton squad.

"It will be good for the girls to play other teams like Northampton that we don't usually get to face," said Gloster. "I think it will be a really good game."

After taking on Northampton, Agawam returns home on Friday, June 27th, to face Amherst. The following week, they play Central at home on Monday (June 30th) and then travel to Chicopee on Wednesday (July 2nd).

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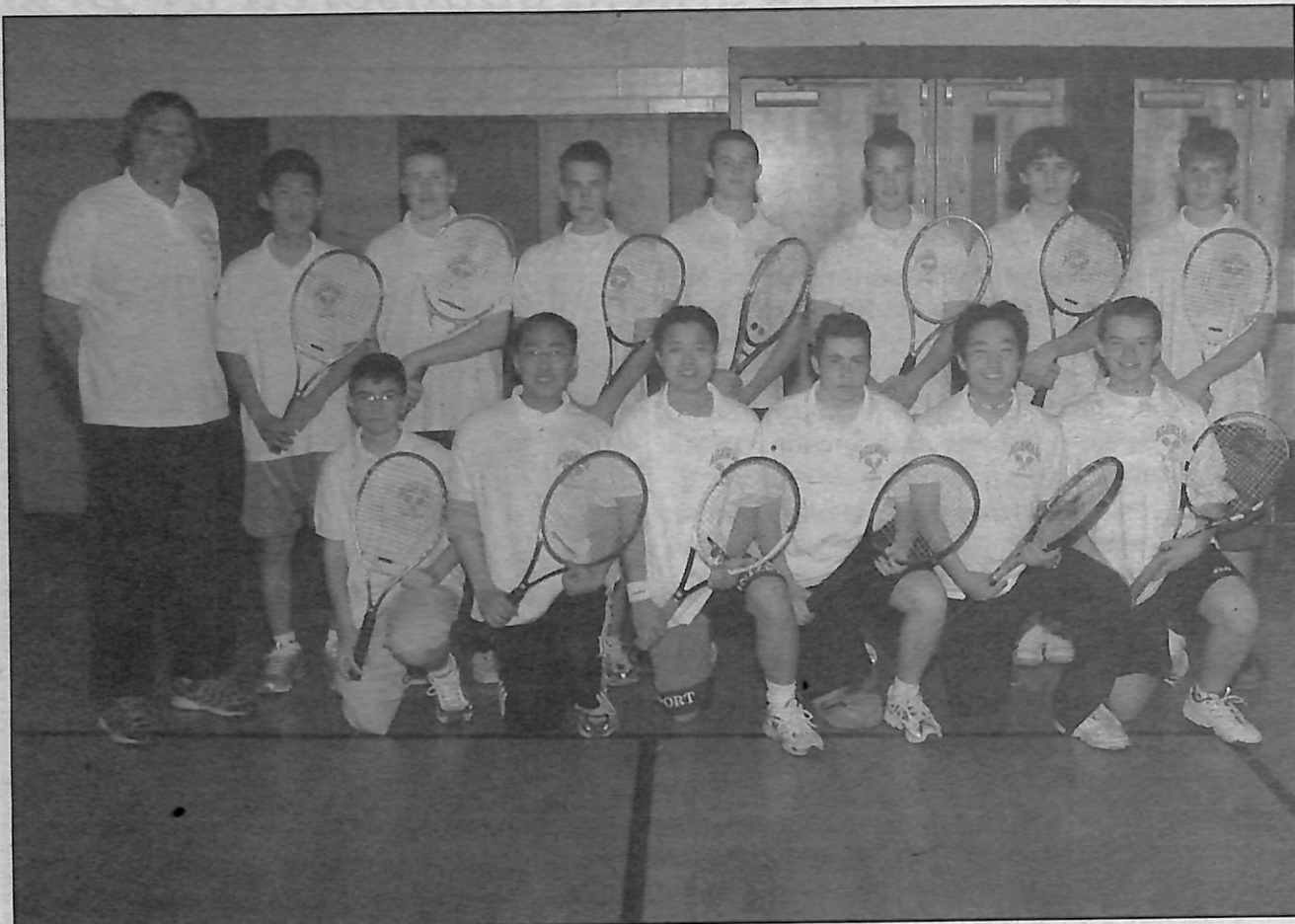
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Spearheading the competition for AHS

COACH BILL SPEAR (standing, far left) and the members of the Agawam High School boys' tennis team enjoyed a successful spring season. Not only did the Brownies tie for the League championship, but they also made it to the team quarterfinals in the Western Massachusetts Tournament. Photo courtesy of Walt Steinmetz Photography.

EARLY DEADLINE: Due to the Fourth of July holiday next week, the deadline for our next edition is Monday, June 30th, at 12:00 noon ... ADVERTISER NEWS!!!

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Profile... sponsored by Bruno's Pizza

Keith Cosimini stepped up big-time for AHS boys' lax

by Bill Bellico
Sports Writer

Agawam High senior Keith Cosimini had his best lacrosse season this year as the Brownies' starting goalie.

With over 220 saves and a 72-percent save ratio, Keith proved himself not only as an integral part of Agawam's defense, but also as a force in Western Massachusetts.

Keith, like his teammates, is proud of his own (as well as his team's) accomplishments this past season.

"It was great that we were able to finally establish ourselves as a power in Western Mass. and show other teams that we are not to be taken lightly," said Keith. "We had some really big wins and I had a really good year in net."

Keith is referring to beating both South Hadley and Minnechaug for the first time in Agawam's lacrosse history.

In both games, Keith was able to prove just how much skill he had as a goalie against two of the premiere lacrosse programs in the region. In the 9-4 win over South Hadley, he was especially impressive with 23 saves.

"Keith was just amazing in the South Hadley game," commented AHS Coach Nick St. George. "Half of those 23 I would consider to be game-winning saves."

Keith was also a big factor in Agawam's first-ever playoff win against Minnechaug, holding the Falcons to only four goals in the 8-4 quarterfinal win. He was also solid in wins against teams like West Springfield, Westfield, and East Longmeadow.

Agawam's 13-4 win over East Longmeadow on May 10th helped the locals to begin to reverse a mid-season slump they were in and turn things around. Keith's 14 saves were a major contribution to this big morale-boosting victory.

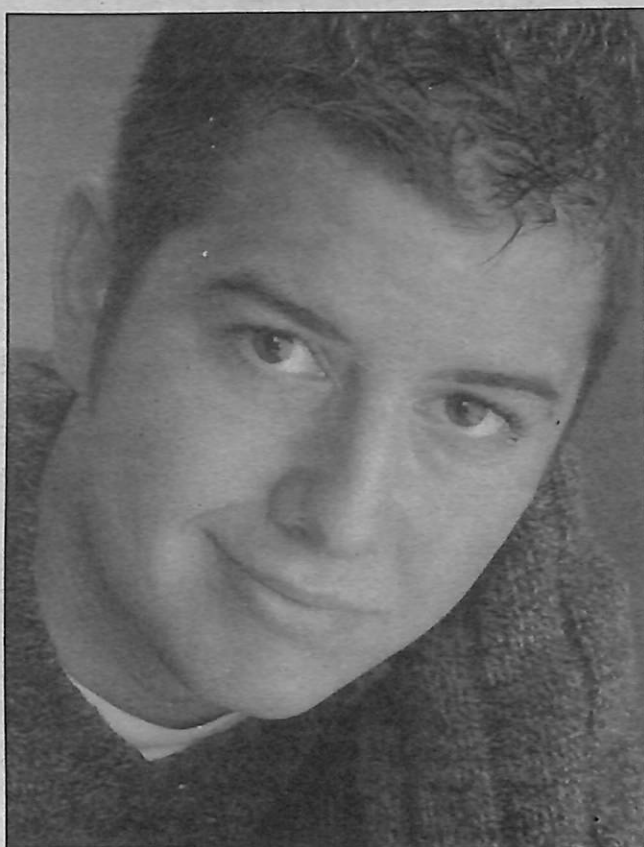
On May 23rd, Keith had 16 saves in the match-up against Westfield that helped gain some reward for the team's efforts.

Agawam defeated Westfield 7-6 in overtime and not only became tied for first in its division, but also officially gained a playoff spot.

Keith also had 14 saves on "Senior Day" against West Springfield for the last regular-season game on May 29th that clinched the league title - another first for AHS boys' lacrosse.

Despite his prowess in goal this year, Keith is quick to give tribute to the other defensive players on the team, such as fellow seniors Dan Gomes, Mike Piccin, Paul Lagasse, and John Tisdell. "These guys really helped me and the team a lot."

"Our defense this year was a really great group of



KEITH COSIMINI

players who just had so much confidence in each other," said St. George. "They really just worked so well collectively."

Keith played his four years at AHS on the lacrosse team, and even saw some time during his freshman year due to a starter's injury. His first season as a true starter came last season during his junior year. But he also realizes the vast improvements he made to become the player he was this season.

"It was a little nerve-racking at the beginning of my junior year when I was a starter for the first time," said Keith. "But over the summer, I kept playing and never really put the stick down and it really helped a lot this year."

St. George is also impressed with the progression in Keith's play over the four years and how much of a major factor he was in Agawam's success this season.

"He was a little inexperienced in his first two years, but then he went to a camp during the summer before his junior year and came back as our starter and had a great year," said St. George. "Then, as a senior this year, he was just really focused and made a lot of saves that kept us in some big games."

St. George was also impressed with how well Keith handled the role of goalie with all that it entails. "It's hard to be the goalie; when you make a mistake, everyone is going to know it. Keith did an amazing job of handling all of the pressure that comes with being in net."

Keith was also proud to be coached by St. George. "He's far and away the best coach a team could hope for," said Keith. "His dedication to us was '24/7,' and he was so passionate about the sport that it made him

one of the best coaches there could ever be."

Keith also participated in indoor track this year - the only other time he has played a sport at AHS besides lacrosse. He threw shot put for the team.

This summer, he plans on working and finding any way he can to keep playing lacrosse. He's hoping he can find a league to play in. Next year, he will be attending Holyoke Community College, but he's hoping that after a year he'll be able to transfer to Springfield College and play lacrosse there.

"They've got a really good program and I'm hoping that I'll get a chance to play there," he said.

Keith plans on taking some pre-med classes at HCC and go into either a physician's assistant or sports medicine program when he eventually transfers.

This year at AHS, he took such classes as anatomy, sociology, algebra II, and English. His favorite class was anatomy, and he says his favorite teacher was Italian instructor Vladimiro Orefice.

Keith, who turned 18 on June 5th, says his favorite color is blue and that his favorite food is lobster. He has no specific preference for restaurants.

Keith's favorite sports team is the Boston Bruins. His favorite television show is "The Simpsons," and his favorite movie is "Dumb and Dumber." As far as music goes, he has no preference (as long as it's not country).

He likes wearing just jeans and tee-shirts and usually shops at stores like American Eagle and Abercrombie and Fitch. His dream car is the souped-up Honda Eclipse featured in the movie "The Fast and the Furious."

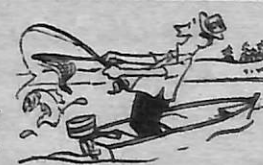
He likes to hang out with his friends for fun and says he's proud to be a member of what he calls the "All-Trex" team.

He is the son of Ellen and Paul and has an older brother Matt, 21. He says his dad is the person he admires the most because, "... he works so hard at everything he does and never makes excuses."

His proudest athletic moment came this year when AHS beat Minnechaug for the first time in its first-ever playoff victory. He's also proud of beating South Hadley this year.

His hopes for a personal legacy - and for the future of the Agawam High boys' lacrosse program - is that the Brownies continue to have solid goalies in net.

AHS SENIOR "ATHLETE OF THE WEEK" IS SPONSORED BY BRUNO'S PIZZERIA AT 807 Springfield Street, Feeding Hills. Eddie Santaniello and his staff have "gone fishin'" for the summer, so their delicious Friday night fish & chips dinner will return after Labor Day. However, they always have great pizza, grinders, calzones, chicken wings, chicken tenders, onion rings, and french fries. Remember, Bruno's delivers seven days a week, so be sure to call 786-8717. Each "Athlete of the Week" will receive a large pizza and a two-litre Coke, compliments of Eddie Santaniello and the friendly folks at Bruno's Pizzeria.



Local girls invited to youth field hockey clinic

In this clinic sponsored by the Agawam Parks & Recreation Department, girls in grades five through eight (for the 2003-2004 school year) will learn the fundamental skills, techniques, and strategies of field hockey while practicing and playing in this fun new program.

Girls will meet from early September through mid-October. Practices will be held in the early evening at Wade Park on Franklin Street, and games will be played against neighboring communities.

Registration will take place through Friday, July 31st, at the Parks & Recreation Office (located at the rear of Agawam High School). The fee is \$50 through July 3rd, and \$70 from July 3rd through July 31st. (Both fees include t-shirt.)

Participants will need to supply their own stick, goggles, and mouthpiece. Coaches will contact all players for a parent/player meeting in late August.

For further information, call 821-0513.

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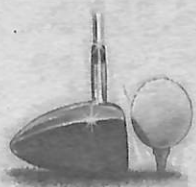
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Profile... sponsored by Bruno's Pizza

AHS athlete Drew Wynne all about hard work, team chemistry

His two former coaches at Agawam High School reached the same conclusion about senior Andrew "Drew" Wynne.

Varsity basketball Coach Mike Vedovelli observed, "Drew Wynne really came on strong for us in the second half of the season. He always practiced hard and played hard. He was kind of a spark for us coming off the bench, and he was an important part of the overall success of the team."

Track and field Coach Bill Dillon added, "Drew was the kind of kid whom others like to be around. He practices very hard and gives a great effort every time out. He's a totally team-oriented kid. Our program will really miss the little things he brought to us every day."

That's Drew Wynne. He's not in the headlines, and sometimes he's not high on the food chain when discussing individual statistics or stars of the game.

Yet, Vedovelli and Dillon understand Drew's value to their respective operations.

Every day, he brings to the table a strong work ethic, an intense desire to contribute, and becomes an important part of the locker room mix known as "team chemistry" - one of those intangibles Dillon was talking about.

"I know that in both basketball and in track, I was a role player and I had to work very hard to receive playing time. Practice was very important for me because that's where my playing time comes from. Working very hard in practice will always get the coach's attention, and it can result in more playing time."

"At times it was an uphill battle, but I tried to give 100 percent all of the time."

For the 2002-2003 basketball Brownies, Drew's contributions (to which Vedovelli will readily attest) sprung from his desire to succeed. And succeed he did.

When offered the opportunity to play meaningful minutes near the mid-season mark and then down the stretch when injuries struck the team, the cream rose to the top. And, in this case, it was Drew-time.

After sitting for a good portion of the early schedule, the 6'2", 170-pound small forward answered Vedovelli's call. And Drew enjoyed several double-digit outings. At times, he'd throw in a few quick hoops after entering the fray to provide instant offense and an instant spark.

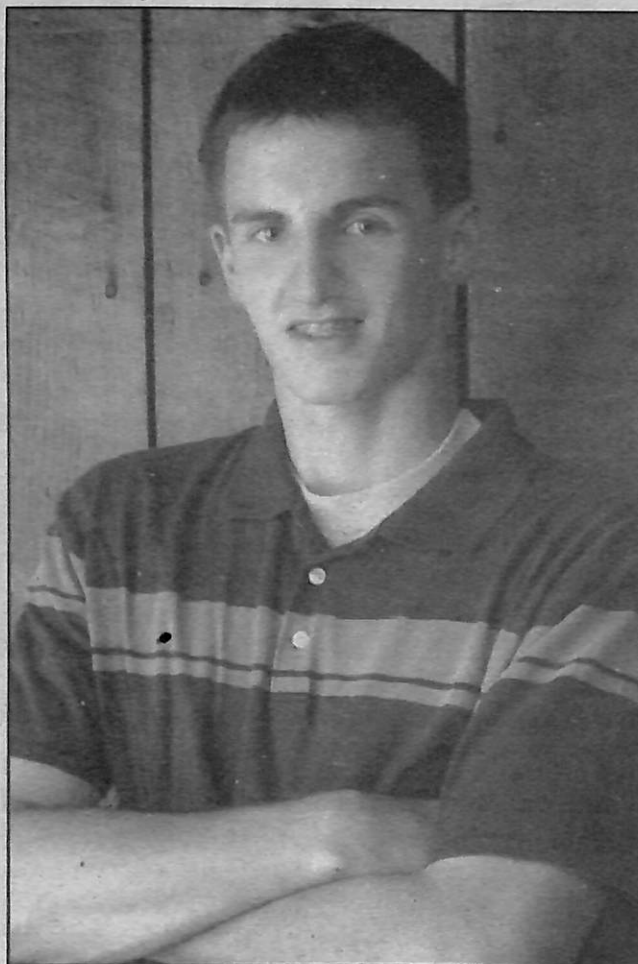
"There were times when I had an offensive surge when I got in there, and it seemed to give us a lift," Drew noted.

Agawam's 11-9 overall record resulted in a quarter-final berth in the Division I Western Mass. Tournament - the first post-season foray for the school in six years.

"We had a great bunch of seniors who really pulled together this season," said Drew, a two-year member of the varsity. "Remember, we were coming off three straight horrible seasons (0-20, 3-17, and 5-15), and what happened this year was a lot of fun and we were very successful. We broke into a new barrier for coming teams."

Drew's schoolboy experience as an academic nicely complemented his athletics. He left the hallowed halls sporting a 95 average and two years on the National Honor Society.

Drew took no easy outs in the classroom as a senior. His courses included AP English 12, practical law, robotics, advanced math (honors), honors physics, Spanish 5, psychology, fitness for life, and gym.



ANDREW "DREW" WYNNE

He always enjoyed his history classes, and long-time history teacher Wayne Morse is Drew's favorite faculty member.

Drew's color is green. His 18th birthday was last December 16th.

Whipped potatoes fixed at his best place to chow down - his mother's kitchen - is Drew's favorite food. He likes classic rock and oldies, listing the 1980s group Duran Duran as a band he'll always listen to.

For TV, it's all sports all the time for Drew, specifically mentioning the New England Patriots as his best viewing on the small screen.

On the big screen, "Back to the Future" is his favorite flick.

The Boston teams are another of Drew's passions, especially the Patriots and the Celtics. Former Celtics player and pro hall-of-famer Bill Walton (now a TV basketball analyst) is Drew's most admired athlete.

He needed to be coaxed a bit about describing his dream car. "I drive a 1996 Plymouth (maroon) with about 70,000 miles on it. I'm not really into cars."

But then he said with a bit of excitement, "I think the car in 'Back to the Future' was a silver DeLorean. That's the car I would want."

He got a charge out of his involvement in the school's Shakespeare Society as a senior.

"One of the plays we did was 'Julius Caesar,' and we did a parody of it by adding the Austin Powers character to the play. And I was Austin Powers. It was pretty funny."

Perhaps the cliché "still waters run deep" can be used to describe Drew's personality. And in there somewhere, perhaps a "ham" of sorts is just shouting to come out. The "ham" in Drew was seen in March when he entered - and won - the Third Annual "Mr. Agawam Contest" at AHS.

He says the talent contest sealed the deal for him. "I did a few tricks with a yo-yo to the tune of 'Take on Me' from A-Ha (a 1980s group). I never thought I'd win, and it was just a lot of fun to be up there."

Drew will be attending and living at Western New England College in September. He will major in engineering.

Drew calls his two-year stint on the fall cross country team and spring track and field team as meaningful and as a way to stay in shape and to compete. "I really liked cross country. It was so different from track, where I ran the 800 meters as a junior and then the 400 meters (qualified for the PVIAC Individuals this past spring). I trained for cross country by running through Robinson State Park in the summer and doing some road work, too."

"There was so much camaraderie on these teams. I think I was the only guy playing basketball this year who did cross country and track. I noticed this year's basketball team had a lot of camaraderie, too. That was very important to the overall success of the team."

The basketball Brownies will always hold a special place in Drew's high school memories. He finished strong by averaging nearly 20 minutes of court time when it counted the most, and did register some solid numbers for his efforts - about six points a game, and three boards and two assists.

"I think making the tournament this year and then getting so much floor time at the end of the season were my personal highlights," Drew said.

"I thought the tournament atmosphere was great. Even though we lost (59-58 to Longmeadow, over there), it was a great experience and very exciting to be a part of."

Drew's parents are Tom and Patricia. He has two younger sisters: Marissa, 16, who will be a junior at AHS in September, and Laura, 5, who will be entering kindergarten in the fall.

His hero and role model is someone rather unexpected - a professional wrestler called "The Ultimate Warrior."

"He ('The Ultimate Warrior') is now into politics and offers himself as a very good role model for kids. I admire that."

Asked about his own legacy at AHS, Drew responded, "I hope people remember me as 'Mr. Agawam' - as a model citizen."

OK, Drew. As mentioned above, maybe there is a "ham" in there just waiting to get out.

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PICTURED ABOVE ARE THE members of the Holy Name Stars Squirrt "A" hockey team. Front row (kneeling): Matthew Jerome, Brendan Linnehan, Derek Pinciak, Jim Asselin, Alex Bazin, and Brian Bazin. Middle row: Kevin Mackin, Mike Sullivan, Tanner Zacharawicz, Josh Lyons, Brendan Moore, C.J. Maille, and Andrew Johnson. Back row: The coaching staff of Paul Jerome, Ken Johnston, Steve Moore, and Steve Pinciak.

In Squirrt "A" hockey...

Holy Name Stars enjoy a great season against various competitors on the ice

The Holy Name Stars Squirrt "A" hockey team enjoyed a fantastic season this year.

By the end of their 60-game schedule, they had compiled 323 goals and 415 assists for a total of 738 points.

The games played were not only in the GSL, they were also among some of the finest teams in the Northeast.

The Holy Name team traveled to Albany, New York and competed in the "Ghostbusters Tournament," as well as the "Silver Stick Tournament" in Rome, New

York.

What's more, they played and hosted the premier hockey tournament in the state - the Holy Name ICE-BREAKER (held every year in November).

The team was the Western Mass. state champ; the GSL regular-season champ; and the winner of the Squirrt 1 Upper GSL championships held at the Springfield Civic Center.

For more information about the Holy Name Stars, call Ken Johnston at 599-0081.

You can also "log on" at www.holynamethehockey.org.

Summer tennis lessons offered by Agawam Parks & Recreation Dept.

Tennis lessons taught this summer will be directed by Fred LaPlace. Participants will be grouped according to ability, and instruction on the mechanics, strategies, rules, and etiquette of tennis will be taught.

Our goals are to have lots of fun and to encourage a lifelong love and appreciation for the game of tennis. Water and tennis balls will be provided.

Participants age eight and older must bring their own tennis racket. Tennis rackets will be provided for participants ages four to seven during the 9:00 to 9:55 a.m. lesson.

Youth Lessons: Will be held Monday through Thursday at the Agawam High School. (Friday will be reserved as a bad weather make-up day.)

Session Dates - Session I, July 7th-10th; Session II, July 14th-17th; Session III, July 21st-24th; Session

IV, August 4th-7th; Session V, August 11th-14th.

Times, ages, and costs - 9:00 to 9:55 a.m., four to seven years-old, \$35 per session; 10:00 to 10:55 a.m., eight to 11 years-old, \$35 per session; 11:00 a.m. to 11:55 a.m., 12 to 15 years-old, \$35 per session.

Youth Tournament: Will be held on Wednesday, August 20th, from 9:00 a.m. to 12:00 noon. The entrance fee is \$10. This fun tournament is designed for the children who participated in the summer lessons to show off what they learned. Snacks and water will be provided, prizes will

SEE TENNIS

- Page 37

In boys' 11-12 "A" baseball...

Warriors win again by defeating Palmer, 4-3

Your Agawam Warriors have added another win to its record by defeating a strong team from Palmer this past week under the lights at Picknelly Field.

Three Warrior pitchers combined on this one for the win. Pitchers Wyatt Remington, Joe Toto, and Robert Decosmo kept the boys from Palmer at bay, allowing only three runs over seven innings. The defense for the Warriors was again solid. Every ball hit to the infield and outfield was handled flawlessly.

On the offensive side, catcher John Kudlic had the big hit in this one, smashing a two-run double. Kudlic's bat has been coming alive as of late, pounding out four deep-hit doubles in his last three games.

The weather has been a factor for the Warriors this past week, having a number of games postponed due to the rain. Because of the cancellations last week, the Warriors have a grueling schedule this coming week - playing nine games in six days!

The Warriors are making a strong bid to make the playoffs, and the way their play has been of late, they should!

Playing for the Warriors in this contest were Joe Toto, Andrew Cayer, Robert Decosmo, Brian Piquette, Tony Rescigno, Steve Johnson, John Kudlic, Dylan Coulter, Tim Jendrysic, Wyatt Remington, Kyle Craig, Mike Rigali, and Jonathan Pieterse.

Coaching for the Warriors are Anthony Toto, Paul Rescigno, Rick Cayer, Steve Jendrysic, and Paul Piquette.

The Warriors would like to thank their sponsors: the Kudlic Brothers, The Galleria Shops of Feeding Hills, the Agawam/West Springfield Fish & Game Club, Crestview Country Club, Sarat Ford, Movie Mart, Mr. Phipps, and Hampden Savings.

GO, WARRIORS!!!

Hiking outing to take place at Robinson State Park

The Agawam Parks & Recreation Department is leading a hiking outing on the following Saturday at Robinson State Park. Participants will meet at 8:15 a.m. at the Robinson Park Elementary School parking lot, and they are encouraged to bring plenty of water and wear comfortable walking shoes.

*** June 28th:** A five-mile easy to moderate hike. You can move along at the speed at which you are most comfortable.

The hike will have two group leaders: one will lead the group, and one will stay at the rear of the group to make sure no one gets separated or lost. Both group leaders will have cell phones with them in case of an emergency.

Participants will be required to sign a release waiver before the hike begins. For more information, call 821-0513.

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Junior golf program to begin in July at Oak Ridge

The junior golf program for players ages seven to 17 will once again be held this summer at Oak Ridge Golf Club in Feeding Hills. This year's sponsors are Oak Ridge Golf Club, the Strycharz family, and *The Agawam Advertiser News*.

The cost of this summer clinic is \$20 per child (this includes the cost of balls and the use of the clubs). The program will be held on the following dates from 9:00 to 10:30 a.m. and will cover the following topics:

* **Tuesday, July 8th:** Equipment and etiquette.

* **Tuesday, July 15th:** Chipping, rules, and initial takeaway.

* **Tuesday, July 22nd:** Putting, etiquette, and rules.

* **Tuesday, July 29th:** Full swing.

For further information and/or a registration form, please call Oak Ridge at 789-7307.

Agawam Parks & Rec. announces new programs and activities

The Agawam Parks & Recreation Department has a number of new programs and activities slated for this coming summer and fall.

* Family Programs and Bus Trips:

- Hiking through Robinson State Park on June 28th.

- Walking program at the High School track - Monday through Thursday evening and Saturday mornings, combined with an hour of fitness training on Wednesday evenings.

- Whale watch on Saturday, August 16th.

- Red Sox vs. Devil Rays at Fenway on Wednesday, September 17th.

- Bewitching Salem, Massachusetts on Saturday, October 4th.

* Youth Programs:

- Perry Lane Summer Camp (limited openings still available).

- Summer Tennis Lessons at the Agawam High School.

- Summer Swim Lessons at Perry Lane pool.

- Summer Boys' Lacrosse Clinic - July 14th through July 17th.

- Girls' Field Hockey (beginning this fall).

Anyone interested in the aforementioned programs is encouraged to register at the Recreation Office (located in the rear of Agawam High School) or call 821-0513 for more information.

For photo coverage in *The AAN*, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...

Melissa Cote named women's basketball MVP at Westfield State College

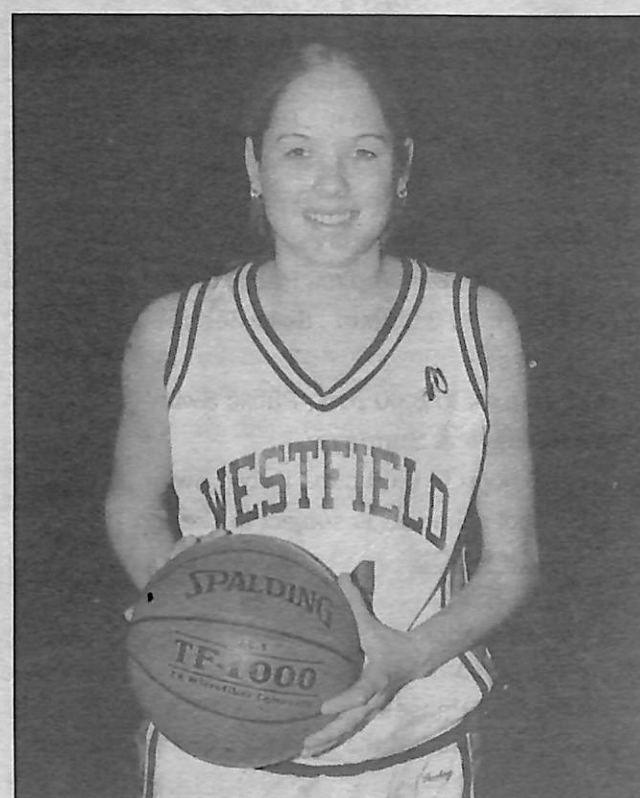
Westfield State women's basketball standout Melissa Cote of Feeding Hills was named the Owl's team MVP at the college's spring semester sports banquet last month.

The 5'11" senior was a First Team All-Massachusetts State Conference selection for the Owls, who finished with an 18-9 record, placed second in the Mass. State Conference, and qualified for the ECAC Tournament. The highlight of the season was a stunning victory over Division II opponent American International College.

Cote played in 100 games during her four-year collegiate career and ranks second in the college's all-time list with 831 rebounds. She also had 795 points, 79 blocks, and 156 steals.

Cote also excelled academically, as she was on the Mass. State Conference All-Academic team for four straight years with a cumulative point average of 3.2 or higher. She graduated last month at WSC's Commencement Exercises. She was a three-year varsity starter at Agawam High School. The 1999 graduate was an All-Western Mass. selection as a senior.

Cote is the daughter of Harold and Jackie Cote of Feeding Hills.



MELISSA COTE

TENNIS - from Page 36

be given, and every participant will receive a trophy.

Adult Lessons: Adult lessons for the summer (\$55) will be sold in sets of five one-hour lessons. The schedule will be at your convenience. Once a set of lessons is purchased, you may call Fred LaPlace to set a schedule and time that fits your busy schedule.

Registration: Registration for all tennis lessons are now taking place in the Recreation Office (760

Cooper Street, Agawam). Registrations will be taken Monday through Friday from 9:00 a.m. to 4:00 p.m., and they will be offered on a first-come, first-served basis (until the classes are full).

Payment is due in full at the time of registration, and checks should be made payable to the "Town of Agawam." A parent's signature is required for all youth programs.

For further information, please call the Agawam Parks & Recreation Department at 821-0513.



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\$4.95 each - 3 for \$12.95

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3 cu. ft. bags

\$3.95 each - 3 for \$9.95

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each

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each

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2003 Perry Lane pool schedule

DAYS & TIMES

(starting Monday, June 30th)

* Mondays & Wednesdays:

- 12:30 p.m. to 4:15 p.m., Public Swim.
- 4:30 p.m. to 6:00 p.m., Swim Lessons:
- 6:00 p.m. to 8:00 p.m., Swim Team

* Tuesdays & Thursdays:

- 12:30 p.m. to 6:00 p.m., Public Swim.
- 6:00 p.m. to 8:00 p.m., Swim Team.

* Fridays:

- 12:30 p.m. to 8:00 p.m., Public Swim.

* Saturdays & Sundays:

- 12:00 noon to 6:00 p.m., Public Swim

(The pool schedule is subject to change.)

DAILY POOL

PASSES

- Children/Adults - \$1.00 per person.

- Daily Pool Passes

may be purchased at the pool from the lifeguard on duty.

POOL RULES

- Disposable diapers are not permitted in the pool at any time. A cloth diaper with rubber pants or "swimmies" diapers are recommended.
- Flotation devices are not permitted.
- An adult must accompany children under the age of 12.
- Swimmers must shower before entering the pool.
- Anyone with a communicable disease is not permitted in the pool.
- The pool may be closed due to extreme weather, special events, or emergencies.
- The Pool Director and Head Lifeguard on duty have authority over all pool rules and closures.



11th Annual Melconian Charity Golf Open slated for August 18th

State Senator Linda J. Melconian's 11th Annual Charity Golf Open will take place on Monday, August 18th, at the Crestview Country Club in Agawam, benefiting Hampden County services for battered women and their children.

Golfers are invited to sign up for a foursome to hit the links for a good cause. Prizes are offered for women's, men's, and mixed foursomes. The event features a lunch at 11:00 a.m., a 12:00 noon shotgun start, and dinner at the clubhouse.

Most importantly, all proceeds directly benefit Womanshelter/Companeras in Holyoke and two programs of the YWCA of Western Massachusetts - the Abuse and Rape Crisis Hotline (ARCH) in Springfield, and New Beginnings in Westfield. Each program provides free and confidential emergency shelter, 24-hour telephone hotlines, counseling, support groups, legal advocacy, information, and referrals.

Local businesses are invited to donate money or door prizes, or to participate as a tournament sponsor or a hole/tee/green sponsor. In addition to the invaluable publicity sponsorship generates, every donation has a direct impact on the community, as 100-percent of the money raised goes directly to charity.

Local business owners or golfers interested in participating should call Rosemary Sandlin, (413) 785-0820, or Shannan Porter, (413) 732-3121, ext. 117, for more information.

In its 10-year history, this tournament has raised more than \$300,000 in support of the shelter programs of the YWCA of Western Massachusetts and Womanshelter/Companeras.

Senator Melconian is an active and vocal advocate for domestic violence prevention programs in her district. She is a tireless champion for women, children, and families across Massachusetts.

"Phil McGeoghan's Dragon Speed & Conditioning Camp" still taking sign-ups

The Agawam Youth Football Association will be sponsoring "Phil McGeoghan's Dragon Speed & Conditioning Camp" for the second year. Both the AYFA and Phil are very pleased with the results and interest in the camp.

Phil will be offering a camp this summer for ALL SPORTS and students who would like to enhance their speed and conditioning. Last year, it was apparent that the camp enhanced the abilities of all of the participants. The weekly training enabled the athletes to be in their prime physical condition for their sport of choice.

The camp will be held at the Agawam High School on Monday, Tuesday, and Thursday mornings.

The first session is from 6:00 to 7:15 a.m., and the second session will run from 7:00 to 8:15 a.m. Both of these are for high school students.

The third session is for middle school and junior high school students, and that session will run from 8:00 to 9:15 a.m.

The camp will run from June 30th through August 21st. Through this camp, the athletes will be more prepared for their chosen sports.

Phil has just re-signed with the New York Jets. He first signed with the Jets in 2001, and then went to the Raiders, the Broncos, and then to NFL Europe. The team he played on, the Berlin Thunder, won the World Bowl, which is the Super Bowl for NFL Europe.

Phil has many records in track throughout New England. Agawam is his home, and he is pleased to continue to "give back to Agawam." Phil has a special place for many in Agawam.

The coaches, on a daily basis, will be Chris Benjamin and Dan Pryce. Kerry McGeoghan will be assisting for the second year.

Phil will be coming to the camp regularly; he will be conditioning and training to prepare for his upcoming season with the Jets.

For more information, please call Joann McGeoghan at 786-1982. She is Phil's mom and is taking the registrations.

The cost is \$250 for the entire eight-week program. The family that has two or more children attending the camp is eligible for a discount of \$25 per individual. (Families can take advantage of only one of the discounts offered.)

Registration materials can be found at E.B.'s Restaurant on Walnut Street Extension, Agawam, and Fitness First in Feeding Hills.

If you visit the Advertiser News' office at 23 Southwick Street, Feeding Hills (above Remillard Insurance), please note that our main entrance is in the back. Please park on the side of the building and use the back entrance. Thank you...

Walking group held at Agawam High track

Weather permitting, the track at Agawam High School is now open for walking and jogging on Monday through Thursday evening (6:00 to 8:00 p.m.) and Saturday morning (7:00 to 9:00 a.m.).

Strollers are permitted on the track.

However, no one will be allowed on the infield or in the bleachers during these times.

In addition, the group will lead participants through a series of stretches, exercises, and fitness training

from 7:00 to 8:00 p.m. on Wednesday evenings.

Anyone interested in participating should show up early and walk to warm up.

If you don't want to lie on the ground, please bring a towel, blanket, or mat to exercise on.

All ages and abilities are encouraged to participate.

For more information, please contact the Agawam Parks & Recreation Office at 821-0513.

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Next night of racing slated for June 28th at Monadnock

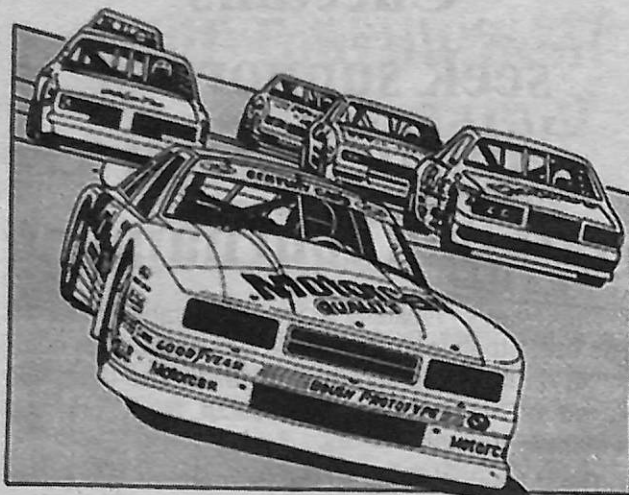
On Saturday, June 21st, the management of Monadnock Speedway in Winchester, New Hampshire was forced to cancel the "Celebrate Keene, NH" night at the races due to rain.

This marked the fifth rain-out of the 2003 season for the high-banked, quarter-mile speedway.

The next scheduled event will be held on Saturday, June 28th.

This evening of racing will include the "Celebration of Keene, NH" anniversary, plus the 35-lap Strictly Stock showdown (postponed from the June 21st rain-out).

Also included will be the Pro Stocks, Late Models, and Mini Stocks. Both Enduro divisions - the four-cylinder and the full-size - will be competing with a special "no registration fee" and \$500-to-win to the competitor posting a win for the first time this season on June 28th. Race time will be at 6:00 p.m.



The speedway will be holding its annual Fourth of July celebration on Saturday, July 5th. This event has become one of the most popular celebrations in the

region, as Atlas Pyrotechnics lights up the sky with the most brilliant, long-lasting fireworks display around.

Racing action will include Pro Stocks, Late Models, Strictly Stocks, Mini-Stocks, and four-cylinder Enduros.

(In case of inclement weather on July 5th, a special rain date has been scheduled for Sunday, July 6th, at 5:00 p.m.)

Advanced general admission tickets are available for this special event at the speedway's office, Monday through Friday (10:00 a.m. to 2:00 p.m.), or on the Saturday, June 28th evening of racing.

Monadnock Speedway is conveniently located on Rte. 10 in Winchester, New Hampshire.

For more information regarding upcoming events, please call the speedway's office at (603) 239-4067 or log onto www.monadnockspeedway.com.

New England Youth Sports Association standings (as of June 23rd)

MICKEY MANTLE "A" BASEBALL

(14-16)	W	L	T	P
Palmer Merchants	8	2	0	16
Longmeadow	7	3	0	14
Agawam	6	3	0	12
West Springfield	5	2	1	11
Wilbraham Falcons	4	3	0	8
Westfield Sons of Erin	3	2	1	7
East Longmeadow	3	6	0	6
Holy Cross Mud Dogs	1	3	0	2
Tantasqua Warriors	1	5	0	2
Chicopee Tiger Colts	0	9	0	0

MICKEY MANTLE "B" (14-16)

	W	L	T	P
Agawam McNair Business	5	0	0	10
Ludlow Lions	5	1	0	10
Chicopee Tiger Pacers	4	2	0	8
Sporting Edge Rangers	4	5	0	8
Agawam Red Sox	3	5	0	6
Southwick Rams	2	4	1	5
Longmeadow	1	6	1	3

SANDY KOUFAX "A" (12-14)

WEST DIV.	W	L	T	P
Northampton Blue Sox	6	1	0	12

Southwick Green	5	3	1	11
Agawam	2	3	1	5
West Springfield	1	6	0	2

PEE WEE REESE (10-12)

	W	L	T	P
Palmer Kingpins	11	0	0	22
Wolverines TBP	7	3	0	14
Wilbraham Warriors	5	3	0	10
Holy Name Red Sox	1	4	0	2
Agawam Warriors	1	8	0	2
Sacred Heart	0	7	0	0

Want to surprise your friends, family members, or co-workers when they turn a "certain age"? Then be sure to put a "Birthday Ad" in The Agawam Advertiser News...

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'02 F-250 XL Diesel



'02 F-250 XLT 4x4 SuperCab

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Want something different for your child this summer?

Summer Swim & Gym!



There's some space still left for the July 7-11 & July 14-18 sessions!

Swimming, games, basketball, walleyball, obstacle course, outdoor sports, crafts, and more!

A great program designed for children 4-9 but deadline for registration is June 30th so hurry up!



Call Fitness First @ 413.786.1460 or stop by the club at 60 North Westfield Street, Feeding Hills, MA to register
Fitness First members \$99, Non-members \$125
\$20 discount for siblings!



FITNESS

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The Bass Hunter "All About Outdoors..." by Skip Bryant

There's been too much rain...

I don't know about you, but I think that it's about time that the rain stops and the sun comes out.

The grass is growing too fast and can't be mowed in the rain. My poor pump is working to death on the boat.

The fishing has been very good during the last few times I have been out there. I was up in Barton's Cove in Gill, Massachusetts for a tournament and finished in seventh place with eight pounds of fish. I was fishing very well and made only two mistakes.

One was the time when I planned to fish some spots because the other fishermen got there first and placed higher than me. They did their homework well and got bigger fish than I did.

The day started off well for my non-boater, with his second cast getting him a three-pound, large-mouth bass. We caught fish all day long while we were soaking wet from the rain and employing a plan that was working.

The top finishers were all fishing in one to five feet of water, with rubber worms hooked "wacky style" in the middle of the worm. You also needed good weeds near the deep water. The bait was cast out and left there for the fish to pick up.

The fishing was very tough, with many fishermen skunked or getting few fish. The water was dropping fast, thereby making it very tough to find the fish.

I will be finishing off the plans in the next few weeks to help anyone enjoy fishing.

Agawam Parks & Recreation and COA to co-sponsor Red Sox trip

The Agawam Parks & Recreation Department and the town's Council on Aging are going to see the Boston Red Sox on Wednesday, September 17th, and you're invited to come along! The game that day will begin at 7:05 p.m. at Fenway against the Tampa Bay Devil Rays.

The cost is \$50 per person, which includes the bus trip, the ticket to the game, and a meal on the bus. The bus will leave the Agawam Senior Center at 4:30 p.m.

Tickets are available on a first-come, first-served basis and are available at the Parks & Recreation Office (located at the rear of the Agawam High School, 760 Cooper Street) or at the Agawam Senior Center (66 Meadowbrook Manor).

For more information, call 821-0513.

EARLY DEADLINE: Due to the Fourth of July holiday next week, the deadline for our next edition is Monday, June 30th, at 12:00 noon...



**REEL
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789-REEL

Hours: Closed Monday; Tues.-Fri. 7am-8pm,
Sat. & Sun. 5am-5pm

Western Mass. U-10 girls' basketball...

"Cheetahs" seek support to participate in national tournament

This year's Western Mass. Cheetahs under-10 girls basketball team has made great strides in competing on the state and regional level. The team has played in Rhode Island, Connecticut, New York, and in Massachusetts.

The Massachusetts state tournament played in Lowell was a great success, as the U-10 girls became eligible to participate at the National AAU Basketball Tournament from June 26th through July 2nd in Orlando, Florida.

In order to assist the team in defraying the cost of traveling to Orlando for the National Tournament, we are asking you for your support. Please consider making a donation to the Western Mass. Cheetahs under-10 girls' team. The team is truly representative of our community, as the girls come from many different cities and towns including Agawam, Belchertown, Chicopee, Feeding Hills, Holyoke, Palmer, Southampton, and Westfield.

The team roster is comprised of Amanda McLaughlin, Jacqueline Beauregard, and Jenna Wertman of Belchertown; Ashlee Moussette of Holyoke; Ashley Assarian, Laura Boutin, Chelsea Perry, and Kaitlyne Labonte of Chicopee; Kyleigh Oliveira of Agawam; Morgan Lockwood of Feeding Hills; Shaylyn Sicard of Westfield; and Alyssa Orzulak of Palmer.

We are confident that the team will benefit from this tremendous experience of participating in a national tournament. The team realizes that without community support, such a trip would not be possible and, thus, it thanks you very much for your financial support. Please make your check payable to "Western Mass. Cheetahs U-10," c/o Rich Moussette, 26 Ross Road, Holyoke, MA 01040. Thank you for your consideration!

"Golf Tip Of The Week..."

by Eric Nelson, PGA
Head Golf Professional
Oak Ridge Golf Club
Feeding Hills, MA



Play from tees according to your ability...

Too many amateurs play from tees that are out of their range and soon lose their confidence. On the other hand, you will gain confidence while playing the proper tees because you will be hitting shots that are within your ability and will put less pressure on your swing.

As you progress, play a few holes farther back, then perhaps nine holes. In this way, you can gauge your progress. But if you play from tees that make the course too difficult for you, you will lose confidence and go backward.

This is what is so hard about golf - there are contradictions. After all, I've said that as a kid, I liked to play the course as difficult as possible. The best way to play this game is to do what your feelings and instincts tell you. Generally, however, work from easy to difficult.

Don't start with difficult, and don't reach difficult until you are comfortable with your progress.

Basketball World to host summer camps

Basketball World will conduct two weeks of Day Camp for boys and girls ages eight to 18.

The boys' week will be from July 28th through August 1st; the girls' week will be August 4th through August 8th. The camps will be held at Suffield Academy in Suffield, CT.

Basketball World has been running camps and clinics across the country for more than 30 years.

For a brochure and more information, call toll-free 888-812-5452 or visit www.basketballworld.com.

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Tony Strycharz Memorial Golf Classic set for Sun., July 20th

On Sunday, July 20th, the Oak Ridge Golf Club (located at 850 South Westfield Street, Feeding Hills) will proudly host the first Tony Strycharz Memorial Golf Classic, with the proceeds to benefit the Make-A-Wish Foundation and the Francis Ouimet Scholarship Fund.

Tony's family and friends wish to keep his memory alive and invite you to spend a fun-filled day of golf, food, and camaraderie in remembering one of the most outstanding gentlemen and entrepreneurs that Western Massachusetts has ever known.

Registration will begin at 9:00 a.m., and breakfast will take place from 9:30 to 11:00 a.m. The tournament itself will commence at 11:00 a.m. with a shotgun start/scramble format. Lunch will be served on the course, as will refreshments (ice cream and beverages). The cocktail hour take place from 5:00 to 6:00 p.m., and the post-tournament dinner and awards presentation will last from 6:00 p.m. to ???

Special events will comprise this golf tournament, including a \$15,000 putting contest (qualifying from 9:00 to 11:00 a.m.); five hole-in-one opportunities, with cars on all five, par 3's; gross and net prizes; closest-to-the-pin prizes; and longest drive prizes.

The entry fee is \$150 per individual, which includes golf fees, carts, breakfast, lunch, dinner, open bar, awards reception, goody bag, entry to all special events, and use of the clubhouse facilities. If you're interested in just the dinner and open bar, the cost is \$50. This tournament is limited to 180 players, so sign up early. (The reservation deadline is July 7th.)

In addition, sponsorships are available for this event, including gold sponsorships (\$2,500), silver sponsorships (\$1,500), bronze sponsorships (\$1,000), flag sponsorships (\$200), and hole sponsorships (\$150). For further information about the tournament and/or sponsorships packages, and to receive a registration form, please contact Paul Scheer, Aaron Posnik & Co., Springfield, 733-5238, or Paul Strycharz, Oak Ridge Golf Club, 786-5886.

Lisa M. Ziegert Golf Tournament & Picnic slated for July 13th

The Lisa M. Ziegert Memorial Golf Tournament and Family Picnic will be held on Sunday, July 13th.

This is the 12th tournament in memory of a lovely young woman whose bright smile and infectious giggle still live in our hearts.

The tournament will commence at 7:30 a.m., with a shotgun start at the Agawam Golf Club.

The picnic will begin at 1:00 p.m. at the Polish-American Club of Agawam.

The fee for a round of golf is \$75 per golfer and includes golf, doughnuts and coffee, a hot dog and soft drink, and the picnic.

For an extra \$5, a golfer will be listed as a Patriotic Sponsor in our program book and have an American flag on the golf cart.

At this time, there's room for a few more four-somes. We will accept single golfers as well.

For those who wish to attend the picnic, the fee is \$5 per person. Children 13 and under are free.

There will be games, raffles, and a clown to entertain the children.

If you are interested in golfing or in attending the picnic, please call Dee Ziegert at 786-9443.

Reservations for golf or the picnic must be made by July 5th. Unfortunately, as the picnic is catered, there will be no tickets sold at the door.

Over the past 12 years, the Lisa M. Ziegert Memorial Fund has donated over \$42,000 to benefit the children of Agawam. The wonderful people who participate in the golf tournament make this possible.

Please join us for a day of fun for a great cause!



Chris Knight Memorial Golf Tournament to be held July 26th

The fifth annual Chris Knight Memorial Golf Tournament is scheduled for Saturday, July 26th, at the Agawam Municipal Golf Course. The tournament is held in memory of Christopher Knight, who passed away on November 1, 1998.

This will be a double shotgun event with a scramble format. Trophies will be awarded for the top three teams and also prizes for closest to the pin, longest drive, putting contest, drive the banner, and the famous Las Vegas hole. Lunch will be provided on the course.

The banquet will immediately follow at the Polish-American Club across the street with many excellent prizes, including Yankee and Red Sox tickets, golf packages, 17-day "Big E" passes, and a weekend getaway package to the Cape.

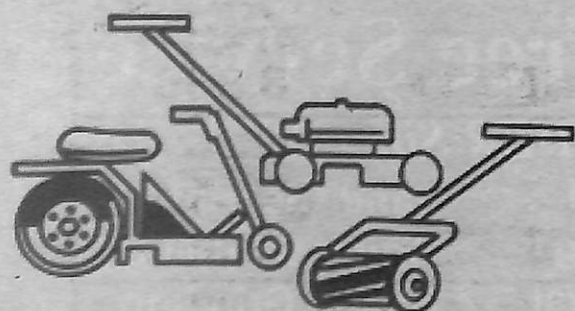
The afternoon is just about sold-out, but there are some morning slots still available. Please contact Jim at 789-2745. You may also visit the following website - chrisknightmemorialgolf.com.

Exposition Area Scholarship golf tourney on June 29th

The Exposition Area Alumni Scholarship Fund will hold its 2003 annual golf tournament on Sunday, June 29th, at the Agawam Municipal Golf Course, with dinner after the tournament at the Dante Club in West Springfield. The tournament will feature a scramble format and is open to the public.

The tournament fee is \$75 per person, which includes green fees, a golf cart, lunch on the course, prizes for all golfers, and a multi-course dinner at the Dante Club. Information on registration and starting times is available by calling Tom Frasco at 786-0093. Dinner-only tickets are also available for \$20.

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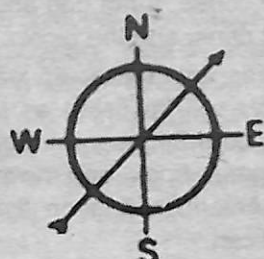
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PERSONALS

A PRAYER TO THE HOLY SPIRIT: Holy Spirit, You who made me see everything and showed me the way to reach my ideal. You, who gave me the divine gift to forgive and forget the wrong that is done to me and you, who are in all instances of my life with me. I, in this short dialogue, want to thank you for everything and confirm once more that I never want to be separated from you, no matter how great the material desire may be. I want to be with you and my loved ones in your perpetual glory. Amen. Thank you for your love towards me and my loved ones. Persons must pray the prayer three consecutive days without asking your wish. After third day, wish will be granted, no matter how difficult it may be.

Then promise to publish this dialogue as soon as this favor is granted. I will never stop trusting in God and His power.

K.F.

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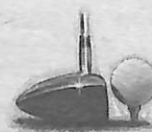
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